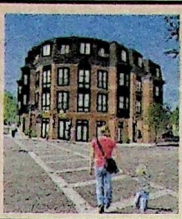




**JVS Boston, Quincy College
Unveil ArLab - Page 2**

**Four-Story Building Proposed
On Independence Ave. - Page 12**



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The Quincy Sun



Quincy's Hometown Weekly Newspaper Since 1968

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FRIGID FUN

NEARLY 100 very brave souls took the plunge at the 9th annual Houghs Neck Polar Plunge at the Quincy Yacht Club/Public Landing last Saturday. It was a very quick dip in frosty conditions as the water temperature was 40 degrees and the air temperature 16 degrees (2 degrees with the wind chill). Plungers shown here heading for dry land after enjoying the plunge are (from left to right) Seamus Sollinger, Isabella Grundig, Chris McPartlin, Olivia Campbell and Madison Markarian. The event raised \$4,800 for the Atherton Hough Elementary School. More photos on Page 18 and Page 19. Quincy Sun Photo/Robert Bosworth

O'Donnell Sees Gradual Rise In RE Activity

By SCOTT JACKSON

After a down year in 2023, William O'Donnell, the Norfolk County register of deeds, anticipates a gradual increase in real estate activity this year.

"I like to think the numbers will go up as far as total volume," O'Donnell said in a recent interview. "I think if the interest rates go down

even a little, that means mortgage activity will go up, so the total document volume I would hope would go up."

Norfolk County communities, like Quincy, are desirable places to live, O'Donnell continued, given their proximity to Boston as well as destinations like

Cont'd On Page 10

State To Buy McGrath Highway Building For Courthouse Project

By SCOTT JACKSON

City councillors on Monday authorized the sale of a building on McGrath Highway in Quincy Center to the state to provide additional space in which a new re-

gional justice center can be built.

Councillors voted 8-0 to allow Mayor Thomas Koch to convey the parcel of land at 6-10 McGrath Highway

Cont'd On Page 13

Planning Board OKs Quincy Center Medical Building

By SCOTT JACKSON

The Planning Board has signed off on a developer's proposal to construct a 110,000-square-foot medical office building in Quincy Center along with a 515-car garage and a pair of retail spaces. The board also approved the developer's request to exempt the medical office building from property taxes for 40 years.

FoxRock Properties plans to construct the development at 37R and 86 Parkway, a wedge-shaped parcel bounded by General Dunford Drive to the south, Granite Street to the north, General McConville Way to the east and the MBTA tracks to the west. The proj-

ect site contains 117,366 square feet of land within the Quincy Center zoning district.

FoxRock in 2022 received permission from the Planning Board to build a seven-story, 240,000-square-foot medical office building on site, along with the garage and retail spaces. The Planning Board on Jan. 17 approved a revised version of the proposal, which now features a four-story, 110,000-square foot medical office building along with the other components.

The board on Jan. 17 also approved a 25-year exten-

Cont'd On Page 3



FOXROCK PROPERTIES plans to construct a four-story, 110,000-square foot medical office building in the vicinity of the Parkway in Quincy Center. Beth Israel Deaconess Medical Center would lease the building from the developer. This view of the site is from the Generals Park. Rendering Courtesy FoxRock Properties

QC's Doug Scott Earns 100th Coaching Win - Page 16
Feed The Hungry Gala Raises \$395K For ISS - Page 17
Quincy Girls, NQ Boys Basketball Winners - Page 20

More Quincy news:
The Quincy Sun.com



JVS Boston And Quincy College Unveil ArLab

New Facility Addresses The Skills Skills Gap By Preparing Workers For High-Demand Healthcare, Biotech Careers

Jewish Vocational Services (JVS Boston), in collaboration with Quincy College, celebrated the official launch of ArLab, a groundbreaking state-of-the-art healthcare, biotechnology, and life sciences career institute and workforce training facility, providing students with a one stop location to learn, train, and become credentialed in the careers most needed by healthcare and biotechnology employers.

The Jan. 11 evening ribbon-cutting ceremony was attended by key members of the Healey/Driscoll administration, including Lt. Gov. Kim Driscoll, Secretary of the Executive Office of Labor and Workforce Development Lauren

Jones, Secretary of Education Patrick Tutwiler, Secretary of the Executive Office of Economic Development Yvonne Hao, as well as partners, current and former students, staff, and employers.

"It is exciting to be here to celebrate this partnership with extraordinary partners like JVS and Quincy College who know this work, who know how hard it is, who know what it takes," said Lt. Gov. Driscoll. "It's pretty special to be able to create spaces, like ArLab, that unlock full potential and help individuals navigate, uplift and empower."

Located at 122 Arlington St., Boston, in the former home of the Boston Center for Adult Education, the



KIRA KHAZATSKY, president and CEO of JVS Boston, Dr. Richard DeCristofaro, president of Quincy College, Lt. Gov. Kim Driscoll, Secretary Lauren Jones, Secretary Patrick Tutwiler, Secretary Yvonne Hao and partners cut the ribbon at ArLab, a groundbreaking state-of-the-art healthcare, biotechnology, and life sciences career institute and workforce training facility.

building has been transformed into an innovative training facility that includes

a fully outfitted selection of classrooms and simulated training environments, in-

cluding a biotechnology lab, sterile processing facility, phlebotomy lab, and hospi-

tal patient rooms. ArLab allows for immersive, hands-

Cont'd On Page 4



MEMBERS OF THE Healey/Driscoll administration tour ArLab's facilities.



MASSACHUSETTS Lt. Gov. Kim Driscoll (left) tours ArLab's hospital patient rooms.

Thomas Crane Public Library
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AUTHOR TALK

FOOD WASTE, FOOD INSECURITY, AND THE GLOBALIZATION OF FOOD BANKS

Q&A WITH DANIEL N. WARSHAWSKY

Tuesday, January 30 at 7 PM

Join us for the discussion of the book analyzes the development of food banks worldwide and their potential limitations as a means to reduce food waste and insecurity

SCAN HERE TO REGISTER

ZOOM EVENT



STUDENT SPEAKER Solimar Sanches speaks to the audience. Courtesy Photos

Monthly Meditation At Crane Library Jan. 30

The public is welcome to Monthly Meditation with Neeni Decha at the Thomas Crane Public Library, 40 Washington St., Quincy, on Tuesday, Jan. 30 from 6:30 - 7:30 p.m.

Meditation is about training your mind to calm down and become peaceful. A peaceful mind can reduce

stress and bring positivity to your daily interactions-at home, in the workplace or wherever you are. A consistent practice of meditation can improve your overall quality of life.

In this class, Neeni teaches the basics of Middle Way meditation and guides participants through a medi-

tation session.

Neeni began practicing meditation in Thailand more than 30 years ago. For the past 10 years, she has been conducting meditation classes throughout the greater Boston area and at the Dhammakaya Meditation Center in Quincy.

Planning Board OKs Quincy Center Medical Building

Cont'd From Page 1

sion of the 15-year Chapter 121A agreement between the developer and the city already in place, meaning the medical office building would be exempt from local property taxes for 40 years. The garage and retail components of the project are not included within the Chapter 121A agreement.

Beth Israel Deaconess Medical Center would lease the medical office building from FoxRock. BIDMC's plans for the building call for an ambulatory service center whose programming would include urgent care, primary care, a full suite of radiology services, cardiology, obstetrics and gynecology, cancer care, orthopedics, lab service, a pharmacy, and other specialty services.

"This past fall, you may have read in the newspaper that FoxRock signed a lease with Beth Israel Deaconess Medical Center to put a medical office building here," said David Mahoney, the attorney who represented FoxRock at the Jan. 17

hearing. "This is certainly good news for the city of Quincy to have a medical provider back in the city."

The medical office building would be constructed on the southern portion of the lot, at the corner of General Dunford Drive and General McConville Way. The garage would be located toward the middle of the parcel. The northern end of the site, near the intersection of General McConville Way and Granite Street, would include a park area.

The two two-story retail buildings would be located along General McConville Way in front of the garage. The larger of the two buildings, located north of the garage, would have 18,000 square feet of space and would be used for "general retail," according to Josh Kleinman, FoxRock's director of design and development. The smaller of the two buildings, located east of the garage, would have 9,000 square feet of space and is intended to be a restaurant. Tenants for the retail spaces

have not yet been chosen.

A driveway off General McConville Way would provide access to the garage as well as a pick-up and drop-off area for patients entering and exiting the medical office building. The loading zone for the site would be located at the rear of the property adjacent to the MBTA tracks. Vehicles leaving the garage would exit the site via the loading area.

Kleinman said FoxRock plans to develop the site in phases, starting with the garage. The company hopes to begin work on the garage this fall and then start construction of the medical office building in the second quarter of 2025. Construction of the building is expected to take 22 months, putting it on pace to open in 2027.

In its application to the Planning Board, FoxRock said construction of the medical office building would not be possible without the tax exemption provided by the Chapter 121A agreement, also known as a

Section 6A agreement.

"The Project will bring high-paying jobs to the downtown, which will help stimulate existing businesses in the neighborhood and promote future economic growth," FoxRock said. "Absent a long-term 6A agreement, a first-class medical office building is not financially viable at this site under current economic conditions given the combination of construction costs, suburban office rents, and the high interest rate environment."

In addition, FoxRock said that BIDMC is a non-profit entity that would be exempt from real estate taxes if it owned the building.

"Additionally, in order to attract a first-class healthcare tenant, a long-term 6A agreement is required as the healthcare tenant is otherwise setup as a tax-exempt entity that would not be assessed typical Ad Valorem real estate tax," FoxRock said. "Without the 40-year tax exemption included in the LDA, the project would not be financially feasible."

During the public hearing, Ward 4 Councillor James Devine said the medical office building was very exciting for the city.

"A lot my neighbors, constituents and friends, they've all been really concerned with getting a hospital back into Quincy and I've been saying we have the next best thing, a large medical building. I believe they're going to be doing some very good day surgeries, so you won't have to go in town," Devine said. "This is unbelievable. It's very exciting for Quincy."

Mary Jo Baryza, a resident of Cliveden Street, said she was opposed to granting the developer a tax exemption for 40 years.

"I am not against the project...but I am against the extension to 40 years, because that is an awfully long time," she said. "We got no exemptions for buying in that neighborhood six years ago when it was blighted, truly blighted, and I don't think the developer should be able to get an extension."

The board approved the modifications to the project and the extension of the Chapter 121A agreement in a pair of unanimous votes. As a condition of the approval, the City Council must approve an amendment to the 2019 land disposition agreement between FoxRock and the city to reduce the minimum size of the medical office building from 150,000 square feet to 100,000 square feet.

FoxRock's proposal is one of two projects in the pipeline for the vicinity of the Parkway. Atlantic Development in October unveiled plans to build a mixed-use development featuring up to 325 residential units and 20,000 square feet of retail space, including a specialty grocer, as well as an 800-car municipal garage to the south of General Dunford Drive. The City Council approved a land disposition agreement for that site in December. Atlantic Development must receive approval from the Planning Board before moving forward.

'Food Waste, Globalization Of Food Banks' Virtual Library Program Jan. 30

The Thomas Crane Public Library will host a virtual discussion with author and professor Daniel N. Warshawsky who will talk about his new book "Food Waste, Food Insecurity, and the Globalization of Food Banks" on Tuesday, Jan. 30 from 7 to 8 p.m.

Food banks—warehouses that collect and systematize surplus food—have expanded into one of the largest mechanisms to redistribute food waste. From their origins in North America in the 1960s, food banks provide food to communities in approximately one hundred countries on six continents. This book analyzes the development of food banks across the world and the limits of food charity as a means to reduce food insecurity and food waste.

Registration is required. To register for the Zoom link visit the Crane Public Library website.

Warshawsky is an Associate Professor in the School of Social Sciences and International Studies at Wright State University where he teaches courses in geography and public administration. He is also the director of the Master of Public Administration (MPA) program. Daniel is currently the Frederick A. White Distinguished Professor of Professional Service for his service to Wright State University and the broader Dayton community. He was also recently named a Provost's Faculty Fellow for the 2023-2024 academic year.

Eight Residents On Dean's List At Roger Williams University

Eight students from Quincy are on the Dean's List for the fall semester at Roger Williams University in Bristol, R.I.

They are:

Victoria Bentley, Kate Billard, Brendan Donovan, Leila Dumas Hovey, Colleen Flynn, Julia Keldsen, Niki Poutre and Sami Poutre.



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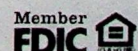
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Moments in time

THE HISTORY CHANNEL

• On Feb. 5, 1922, DeWitt and Lila Wallace self-published and marketed the first Reader's Digest magazine, designed to provide abridged articles on a wide variety of subjects for easy reading. It eventually gained a circulation of more than 10 million copies in the U.S. and is still believed to be the best-selling consumer magazine in the country.

• On Feb. 6, 1911, Ronald Reagan was born in Tampico, Illinois. Reagan spent 30 years as an entertainer in radio, film and television before winning the California governor's seat in 1966. Elected as America's 40th president in 1980, he survived an assassination attempt and became the most popular president since Franklin D. Roosevelt.

• On Feb. 7, 1301, King Edward I of England gave his son Edward (later King Edward II) the title of Prince of Wales. Edward I had conquered Wales and ordered the execution of David III, the last native Prince of Wales, in 1283. To this day the title "Prince of Wales" is reserved exclusively for the heir apparent to the British throne.

• On Feb. 8, 1983, a 5-year-old thoroughbred stallion named Shergar was stolen from a stud farm owned by the Aga Khan in County Kildare, Ireland. Worth a stunning \$13.5 million and commanding stud fees of approximately \$100,000, the animal was never seen again. No ransom was paid and the case was never solved.

• On Feb. 9, 2008, Turkey's parliament approved two constitutional amendments easing the ban on women wearing Islamic headscarves in universities. While the government claimed the ban would result in many girls being denied an education, the secular establishment saw it as a step in allowing a more prominent Islamic influence on the state.

• On Feb. 10, 1942, Glenn Miller became the first artist to win a gold record award, for his single "Chattanooga Choo Choo." The tune was featured in the 1941 movie "Sun Valley Serenade" and inducted into the Grammy Hall of Fame in 1996.

• On Feb. 11, 1990, Nelson Mandela was released from a South African prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. Four years later, he was elected president in the country's first all-race elections.

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Online gardening classes

The winter months are a good time to take some online gardening classes. Here are a few sources:

- gardentutor.com
- MasterClass.com
- https://www.udemy.com/topic/gardening
- https://www.wildabundance.net/online-classes/online-gardening-school
- https://www.skillshare.com/en/browse/gardening
- https://www.classcentral.com/subject/gardening
- https://organicgardeningacademy.com
- https://www.learnndirect.com/category/gardening

- Brenda Weaver

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JVS Boston, Quincy College Unveil ArLab

Cont'd From Page 2

on training experiences for its students.

"We are committed to fully engaging the previously untapped talent of our neighbors, including workers of color, foreign-born individuals, justice-involved citizens, caregivers, disabled workers, and young and older workers," said Kira Khazatsky, president and CEO of JVS Boston. "We are so excited to officially launch ArLab and thank our partners and donors in allowing us to make this crucial facility a reality."

The creation of ArLab was made possible through generous contributions from

the Massachusetts Skills Cabinet and the Massachusetts Life Sciences Center. For courses and programs, ArLab is a result of an historic partnership between JVS Boston and Quincy College. The collaboration aims to provide a comprehensive range of educational options by blending higher education with skills training, aligning with the evolving demands of the healthcare, life sciences, and biotechnology industries.

"We're so proud to see our long collaboration with JVS Boston bring regional workforce-development initiatives to such an exciting new level," said Dr. Richard DeCristofaro, president of

Quincy College. "ArLab is much bigger than the sum of its parts, representing the very best that each organization has to offer in creating educational opportunities for students and in guiding them along pathways to fulfilling professional careers."

While some course offerings began at ArLab last fall, the Institute is expanding its program portfolio. Upcoming offerings will equip students to become central sterile processing technicians, phlebotomists, patient care technicians, medical office assistants, certified nursing assistants, substance addiction assistants, and biomanufacturing technicians.

ArLab's vision is to enroll more than 300 students this year and 750 students annually by 2026, setting a strong foundation to positively impact the workforce pipeline now and in the future.

ArLab combines JVS Boston's and Quincy College's expertise in workforce training and higher education in a unique partnership that prepares workers for high-demand jobs. Targeted training programs prepare students to fulfill the immediate need for highly skilled professionals in healthcare and biotechnology fields, making significant strides in bridging the workforce gap in Massachusetts.

Choosing, Buying Home Gym Equipment Tips

Many people are finding ways to set up a home gym as a way to stay in shape and maybe even stay within their newly resolved budget. But, in some cases, the equipment can be costly.

The Better Business Bureau has some tips on what to know when considering gym equipment and staying within budget:

How to choose and purchase home gym equipment:

• **Consider your physical needs.** Start with your fitness needs and goals. Any equipment you buy should match up with your objectives and interests - otherwise, you may not use the equipment after the initial excitement wears off. If you have any existing health conditions, such as heart disease, arthritis, or a back injury, check with your doctor about what kind of exercises and equipment are safe to use. Review the appropriate exercises and strength resistance as well to avoid further injury.

• **Set a budget.** With such a wide variety of home gym equipment on the market, it is relatively easy to set up an effective home gym on just about any budget. Review your budget on how much you can afford to spend on home gym equipment and compare it to the money saved if you terminated an existing gym membership. The National Academy of Sports Medicine and Consumer Reports have useful guides that can help you choose the right equipment for your specific budgeted amount.

• **Measure your space.** Another consideration that will affect your purchasing decision is how much space you have to dedicate to your home gym. Measure the workout space carefully to see if specific pieces of equipment will fit. More importantly, measure any entryways the equipment must fit through to reach your home gym space as well.

• **Read consumer reviews.** Once you've found a piece of equipment that matches your fitness objectives, is within your budget, and physically fits in your designated space, it's time to start reading reviews. Read multiple reviews from several retailers and pay close attention to any comments about the quality of the equipment and the experience with the retailer. Reference these comments when making a final purchasing decision.

• **Beware of "get fit quick" solutions.** Don't give in to the temptation to buy equipment that promises miraculous results. Maintaining physical health is a long-term endeavor that will require effort. If a seller says their equipment will get you in shape with little to no effort, a healthy dose of skepticism is advised.

• **If possible, test equipment before you buy.** The American Academy of Orthopaedic Surgeons recommends wearing exercise clothes and athletic shoes to try out exercise equipment before you buy it. Many brick-and-mortar stores have display equipment you can try before you make a purchase. Make sure you can operate and feel comfortable using any equipment you plan on adding to your home gym.

• **Compare prices.** Since exercise equipment is often sold by multiple retailers, compare prices between sporting goods stores and manufacturers. You may be able to find the same product for a lower price at a different store. You can also consider purchasing used equipment, but proceed with caution. Most second-hand equipment is purchased "as-is," and sales are often final with no option to return.

• **Understand delivery options.** When purchasing large home gym equipment like treadmills or weight machines, find out how you will get the equipment from the store to your home. Read carefully or talk directly to a sales rep-

resentative to find out how much shipping costs, what delivery fees you can expect to pay, and whether or not the delivery person will set up the equipment for you.

• **Inquire about fitness equipment returns, refund policies, and warranties.** New home gym equipment usually comes with a guarantee or warranty program, but some retailers may have altered these due to the pandemic. Retailers may now have special restrictions for deliveries and returns so before placing an order, find out if a retailer has a return policy, if refunds are available and how they are issued, what the return process is, who pays for return shipping, how much it costs for heavy gym equipment, and if you will be charged a restocking fee.

• **Inspect equipment before purchasing or upon delivery.** Before you take equipment home, make sure it is in perfect condition with no defects. The same goes for receiving a delivery. If you notice the equipment is missing pieces or damage, you aren't obligated to accept it.

• **Understand in-store financing before you agree to it.** If a store offers you in-house financing for larger equipment purchases, read the financing plan carefully. Find out how long the financing lasts, how much interest you will pay, and whether there is a fee to pay the balance in full early. If a retailer offers you a rent-to-own plan, read the FTC's advice on renting to own (available on the FTC website).

Quincy Pianist Takes Home Prize In Concerto Competition



SOUTH SHORE CONSERVATORY (SSC) congratulates pianist Daisy Wang of Quincy who was awarded Honorable Mention in the 8-10 age division of the 36th annual HuiMin Wang Youth Concerto Competition. She is a student of SSC instructor HuiMin Wang. With Daisy are SSC Teaching Artist HuiMin Wang, and SSC President Robert Cinnante.

Courtesy Photo

Scenes From Yesterday



City Hospital, QUINCY, Mass.

THIS OLD POSTCARD mailed over 113 years ago in June 1910 is a view of Quincy's City Hospital showing its original two wooden buildings on Whitwell Street. Opened in 1890 as a private cottage hospital with 25 beds these buildings with a three-acre parcel of land were a gift to the hospital corporation from William Ball Rice. Rice was an owner of the Rice & Hutchins boot and show manufacturing company on Summer Street in Boston. His family's generosity continued when his house on Adams Street later became the first building of the Rice Eventide Nursing Home. The City Hospital was for the most part equipped and maintained by a group

of benefactors for almost 30 years until the City took it over in 1919. The benefactors, in addition to Rice, included many of Quincy's prominent families who lived in the Adams Street neighborhood. And later, in 1939, the trustees of the original corporation purchased the adjoining four-acre Sears family property and gave it to the City exclusively for the hospital's expansion. This postcard view is from the northwest coming up Hospital Hill from Adams Street. The porch on the building on the right faced Whitwell Street. Note the two automobiles behind the street.

From the Tom Galvin Postcard Collection

READERS FORUM

Thank You For Making HN Polar Plunge A Success

Dear Editor:

This year's annual Houghs Neck Polar Plunge sponsored by the Atherton Hough Elementary School PTO was the largest one yet and the PTO would like to thank all participants and sponsors.

The temperature was 16 degrees on Saturday, Jan. 20th, when over 90 registered plungers jumped in the ocean at the Houghs Neck Public Landing. Each participant received an "I

Survived the Polar Plunge" t-shirt and a cup of hot cocoa after.

Thanks to our generous sponsors - Mayor Thomas Koch, Ward One Councilor David McCarthy, SINC LAW, P.C., Lallis & Higgins Insurance, Hofbrau Bar and Grill, JF Auto Care, Inc., Quincy Youth Hockey, and the Houghs Neck Community Council - our expenses were covered and we were able to put all the registration fees towards the PTO.

The Quincy Yacht Club once again allowed us to use their facility to gather before and after the event. We sold donated raffle prizes from many different businesses in Boston, Quincy and the South Shore.

Many community member's made straight donations and some even donated registration fees so everyone that wanted to plunge could join.

We raised just about \$5,000 to be used toward the

Atherton Hough Elementary School. We are so excited to have already scheduled an in-house field trip, a magic show and The Science Guy Assembly. These are hands on, interactive exhibits that are fun, educational and allow for all our students to attend.

Thank you for being there to capture our event!

Jill Hockney
Atherton Hough PTO
President

'Never, Never Be Afraid To Do What's Right'

I was so glad to see the return of the City of Quincy's Annual Martin Luther King Breakfast over at Quincy High School Jan. 15th. As an aging baby boomer who grew up in Roxbury back in the 1950s and 1960s, I lived through the Civil Rights era right here in Boston. I grew up in an integrated neighborhood where white kids and black kids grew up together.

I still remember watching news clips from southern states where some very vile incidents took place. When I look at the City of Boston or the City of Quincy today, both cities have progressed into cities of inclusion.

I remember when Dr. King led a civil rights march from Roxbury to the Boston Common. This march was about six weeks after the violence at the Edmund Pettus Bridge in Alabama when a peaceful group of marches

were prevented from crossing this bridge on the way to Montgomery and the state capitol. They were attacked by law enforcement officers who wailed batons at them.

I also remember meeting Dr. King at the corner of Harrison Avenue and Eustis Street on his way marching downtown. Our meeting was brief and I can still re-

member him and I smiling at each other. One brief moment in time that to this day must happen. We are far better today than we were back in the ugliness many of us from the 60s will never forget. We are far better today but there's still much to be done.

There is one quote from

Dr. King I will never forget, "Never, never be afraid to do what's right, especially if the well-being of a person or an animal is at stake. Society's punishments are small compared to the wounds we inflict on our own soul when we look the other way."

Sal Giarratani
East Boston

Quincy's Yesterdays

This Week
1979
45 Years Ago

12 Officers To Be Trained To Handle Domestic Violence

A dozen Quincy Police officers will start training to become specialists in handling domestic violence calls under an \$80,000 grant from the Law Enforcement Agency.

Mayor Arthur Tobin called it the first formalized police program in Massachusetts for handling domestic disturbance calls, which make up a high percentage of police duties.

"We have three or four serious domestic violence calls a day," said Police Chief Francis Finn, "and 41 percent of them are repeat calls. This program will do a great deal to help us."

The \$80,000 program will be handled out of the office of Norfolk County Dist. Atty. William Delahunt with Quincy chosen as the resting point because of its size, location and availability of services.

"We will test the program in Quincy for about six months and then possibly expand countrywide," said Mrs. Esmerelda Santiago, director of the DA's Domestic Violence program.

The program called for providing:

- Direct emergency service and short-term services to victims, perpetrators and children, witness to domestic violence.
- Mediation and arbitration service to families involved in domestic violence.
- Intensive training to police departments in the area of domestic violence and tracking cases.
- Technical assistance to local agencies, organizations and groups working in domestic violence.

SNOW SHOVING SERVICE FOR SENIORS

Mayor Arthur H. Tobin announced the Council on Aging will provide snow shoveling services to older residents of Quincy this winter under an agreement with South Shore Home Care Services.

Local youth will do the shoveling, paid by the South Shore Home Care Services under the Social Security Act.

QUINCYISMS

Joseph E. Brett was sworn in as an at-large member of the City Council by City Clerk John Gillis. Brett, a councilor 20 years ago, succeeded Paul D. Harold who resigned to become a state senator. . . Quincy Savings Bank offered a 26-week money market certificate with an effective yield of 10.36 percent (\$10,000 minimum deposit). . . Siesta Sleep Shops, 221 Parkway, Quincy, held a grand opening celebration sale for its 11th store opening at the intersection of Routes 106 and 28 in West Bridgewater. The sale included a twin size mattress and box spring for \$55. . . Mrs. Mary Whalen received a citation from Mayor Tobin in recognition of her eight years as president of the St. Ann's Senior Citizens Club. . . Winter specials at Phase II Jewelry, 1361 Hancock St., included a 24-inch, 14-karat gold serpentine chain for \$19.90. . . Six letter carriers and a window clerk from the Wollaston Post Office completed a CPR course sponsored by the American Heart Association. The postal workers certified in Basic Life Support were: George Kersissey, Jennifer Ford, Robert Gumprecht, Paul Rooney, Edward Condon, Thomas McManus and John McCarthy. . . Quincy High School students made their own clothes under the direction of Mrs. Laurie Rice and put on a fashion show for students at Broad Meadows Junior High School. The student models: Lee Nobile, Denise Christopher, Cindi Staples, Lisa Kadlick, Patricia Sordillo, Joyce Boddie, Paula Church and Denise Maze. . . Disco lessons for boys and girls 10 years old and up were held Mondays from 3:30 to 4:30 p.m. at the Quincy YMCA, 79 Coddington St. . . Quincy social studies teacher Richard Riley was the guest speaker at a meeting of the Massachusetts Society of Genealogists, Norfolk Chapter, at the Quincy Historical Society. Riley directed the restoration of the historic Hancock Cemetery. . . Maxwell's Parrot, 6-8 Maple St., Quincy Center, featured singing waiters. Monday night was Nostalgia Night with music from the 50s and 60s by singing waiters. . . Winners of the Quincy Lodge of Elks three throw contest were: Girls 8 and 9 - Christine McSweeney, Hollis Avenue; boys 8 and 9 - Chris Higgins, Dahlgren Street; girls 10 and 11 - Donna Hussey, Connell Street; boys 10 and 11 - Dennis Cronin, Bromfield Street; girls 12 and 13 - Patricia Tavers, Whiton Avenue; and boys 12 and 13 - Jeff Timberlake, Pleasant Street. . . Former Red Sox star pitcher Luis Tiant, now with the New York Yankees, was the guest of the Quincy Sons of Italy at a sports night at the lodge Social Center. Tiant presented the Sons of Italy Babe Ruth Team's Most Valuable Player award to Danny Boyle.

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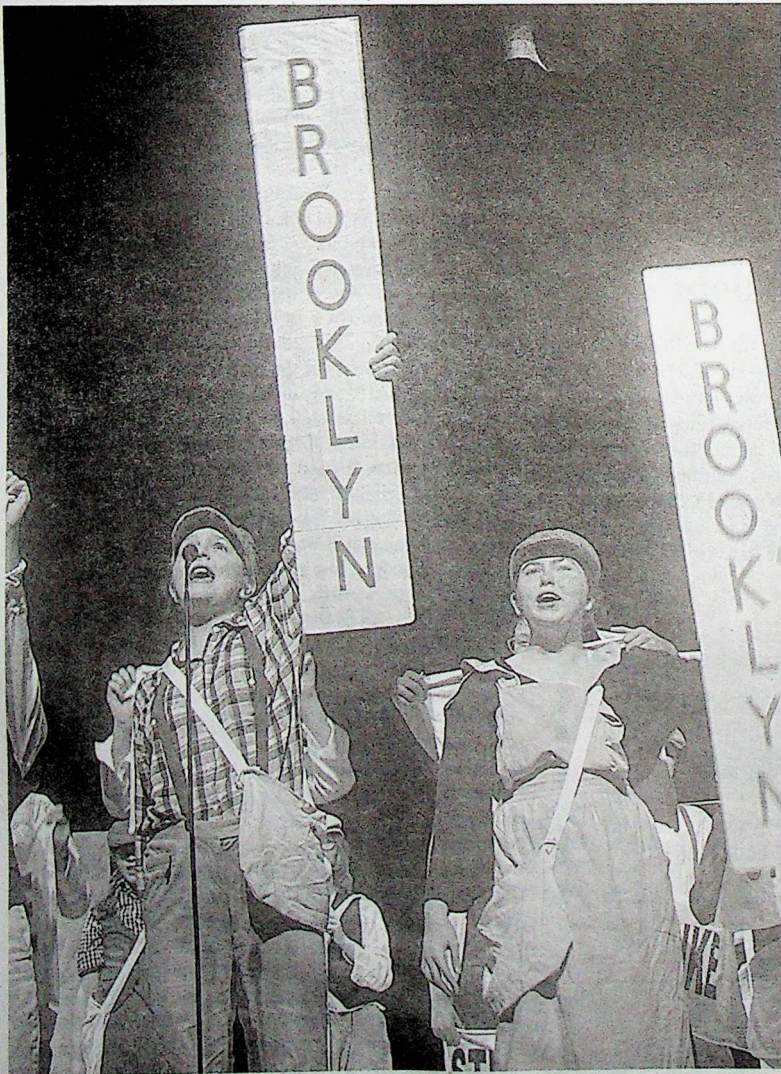
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Arts & Entertainment

Central Middle School Drama Club Presents 'Newsies, Jr.'



CENTRAL MIDDLE SCHOOL Drama Club recently performed Disney "Newsies Jr." at Central. Newsies is all about a newspaper strike in New York. "The kids did an absolutely amazing job performing," said one audience member. "The music, scenery, and dancing was quite entertaining." Shown above is the cast on stage during the production. The play was directed by Christopher Boel, Kate Miller, and Abby Nazzaro - all teachers at Central. *Courtesy Photos*



CENTRAL MIDDLE SCHOOL students cast in Disney 'Newsies, Jr.' included Lily Connolly as Spot Conlon (left) and Sofia Risitano as a Brooklyn Newsie (right)



SIOBHAN GRANT (left) was cast as Katherine and Lily Connolly (right) played Spot Conlon in Central Middle School Drama Club's production of Disney "Newsies, Jr."

Movie Review: 'Mean Girls'

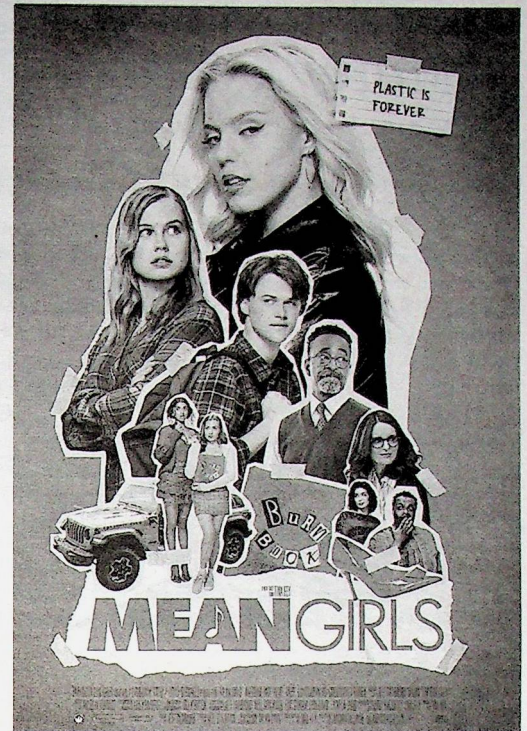
By BOB GARVER

Of all the pop culture institutions to be cancelled, ended, or otherwise shut down by the pandemic in 2020, the permanent closure of the "Mean Girls" Broadway musical was perhaps the one that disappointed me the most.

I'm not sure why it wasn't brought back post-pandemic — ticket sales had clearly been healthy enough to keep me from scoring cheap seats during its two-year run — all I knew was that the show was gone and I had missed all 833 chances to see it live. But then a ray of hope appeared when it was announced that the musical, which itself was based on the 2004 movie, which itself was based on a book, was going to become a movie. I immediately got my hopes up, this movie would be the payoff to six long years of waiting. With my expectations that high, is it any wonder I found the movie disappointing?

The story follows shy teenager Cady (Angourie Rice) as she navigates her first high school in the United States after moving from Kenya with her mother (Jenna Fischer). She's a great academic, impressing her math teacher Ms. Norbury (Tina Fey, who played the role in the original film and is the writer of all three versions of the property), but lacking in social graces. Outcasts Janis (Auli'i Cravalho) and Damian (Jaquel Spivey) invite her to be their lunchroom companion, but she can't help but be drawn to the ultra-popular Plastics clique, led by the domineering Regina George (Renee Rapp).

Regina and the Plastics are surprisingly receptive to Cady and invite her to join the group. She isn't really comfortable around the chic Regina and her friends, busybody Gretchen (Bebe Wood) and vacuous Karen (Avantika), but Janis convinces her that it will be so fun to infiltrate the group and report back on how catty and ridiculous they are.



This of course makes Cady and Janis just as catty and ridiculous as the Plastics, but they don't pick up on it until it's too late. Meanwhile, Cady develops a crush on Regina's ex Aaron (Christopher Briney), and when she learns that Plastics rules forbid dating him, she schemes to work around the system, manipulate Aaron into liking her, and usurp Regina's popularity. In other words, she takes to being a "mean girl" more easily than she thought possible.

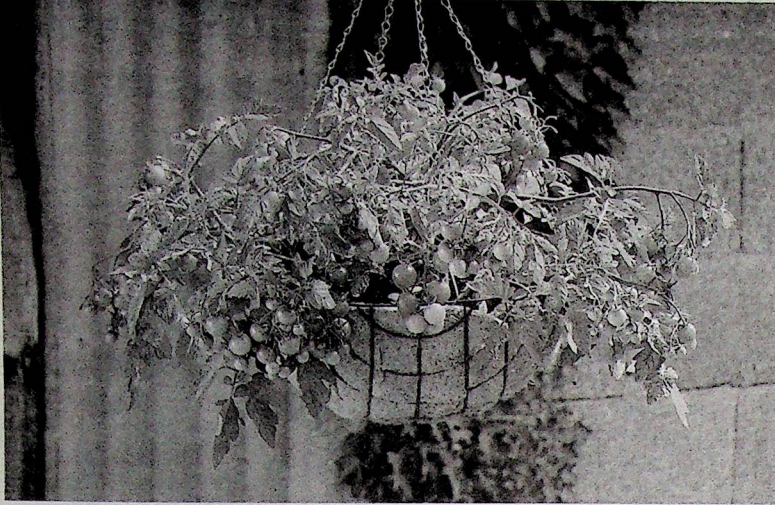
The musical numbers are certainly fun, if not particularly memorable. It's hard not to get swept up in just how endearingly dramatic these kids are, which the singing and dancing compliment perfectly. I have no problem believing that this movie will create just as many breakout stars as the 2004 film. But seeing them on a cramped set isn't the same as seeing them on a nice open stage. There are sequences in houses and classrooms that are undeniably impressive and no doubt a lot of hard work went into them, but that's the problem, it's hard not to think about how much work went into them. Somehow it's perfectly believable

that these characters would break into song and dance, but I have a hard time believing that they would choose to do this much limb-flailing choreography in such a tight space.

I think the bigger problem with this version of "Mean Girls" is that it may be too soon to remake a movie from 2004, even with the change-up of musical numbers. The original is so fresh in the audience's mind that they know the progression of the story and in some places can quote the dialogue word-for-word, which includes stepping on some integral punchlines. Tina Fey and Tim Meadows (as the school's principal) reprise their roles without singing, and it's less a welcome nostalgia act and more of an unflattering copy. Still, I'd like to see the movie become a hit, partly because I want to reward its infectious energy and partly because I'd like to see it lead to a revival of the Broadway show so I can finally see the musical the way it was intended.

Grade: C

"Mean Girls" is rated PG-13 for sexual material, strong language, and teen drinking. Its running time is 112 minutes.



LIZZANO IS A semi-determinate tomato great for hanging baskets.

Photo Courtesy of All-America Selections

Tips For Selecting The Best Tomatoes For Your Garden

By MELINDA MYERS

Whether you enjoy tomatoes sliced, sauced, or cooked in your favorite recipe, they taste best when grown and harvested from your garden or container. With more than 10,000 varieties available it can be difficult to select the best ones to grow in your garden.

Start by looking for those varieties best suited to the intended use whether for slicing, cooking, preserving, or snacking. Most seed catalogs and websites as well as plant tags and garden centers provide recommendations.

Bite-sized tomatoes are great for salads, relish trays, and snacking. Trailing varieties like Lizzano, Tumbling Tom, Litt'l Bites Cherry, and Red Robin also grow well in hanging baskets and even window boxes.

Paste and sauce tomatoes have meatier fruit making them perfect for sauces, soups, and preserving. Roma is the traditional favorite with an egg-shaped fruit that has thick walls and few seeds. The All-America Selections Early Resilience Roma has excellent disease and blossom end rot resistance and does not require staking. Use paste tomatoes during the growing season for sauces, chop and add them to an omelet, can or freeze them for future use.

Grow a few slicing tomatoes to enjoy on sandwiches, grilled, or on their own. Beefsteak and Better Boy are longtime favorites while Iron Lady, Galahad, and the colorful Chef's Choice series are more recent additions to this category.

Perhaps you are looking for an heirloom tomato, one that has been grown for more than 50 years and maintained its original traits and popularity. Cherokee Purple's rich flavor constantly rates high in taste tests. Brandywine, Black Cherry, Chocolate Stripes, Amana Orange, and Black Krim are also gardener favorites.

Coax reluctant veggie eaters of all ages to give tomatoes a try with some of the sweeter varieties like Sungold often called the candy of the garden. Consider having a taste test after growing a variety of super sweet tomatoes like Sungold, Super Sweet 100, Suncherry, and Sunrise Bumble Bee.

Boost your success by selecting disease-resistant varieties and growing your tomatoes in full sun and moist well-drained soil. Plant tags, internet sources, and catalog descriptions usually highlight this and other helpful information.

Look for tomato varieties suited to your growing conditions. Check with your University Extension for a list of recommended varieties for your area. You will also find helpful information on the best time to start tomato seeds indoors and when to place transplants in the garden.

Start enjoying the harvest sooner with fast-maturing tomatoes. These are perfect if you have a short growing season or are just anxious for your first garden-fresh tomato. Early Girl is a long-time favorite, Bush Early Girl produces more fruit on a compact plant, and New Girl produces bigger fruit and has better disease resistance. Glacier, Alaska, and Juliet are a few of the many others to consider. Check the catalog description or

plant tag for the number of days to harvest.

Select plants with the growth habit that best works with your garden space and gardening style. Determinate tomatoes are perfect for small space gardens and containers. They grow a certain height, stop growing, and produce their fruit over a relatively short time. Indeterminate tomatoes continue to grow throughout the season producing flowers and fruit until you prune out the tip or frost kills the plant. Stake or tower the plants to save space, reduce disease and insect problems, and make harvesting more convenient.

Gather your family and favorite recipes. Make a list of longtime favorites and new tomato varieties to include in this year's garden. Be sure to save some space as you're likely to find a few additional varieties you just can't resist planting this year.

Melinda Myers has written more than 20 gardening books, including Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' website is www.MelindaMyers.com.

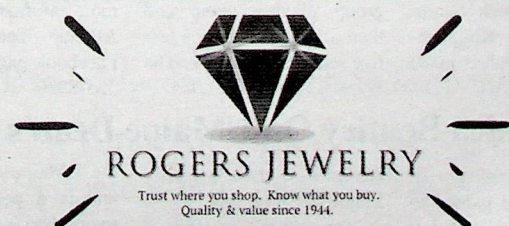
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WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Egg Strata Casserole

By MARIE

This recipe for Egg Strata Casserole has been passed down through our family in recent years. It is one our family uses often when hosting brunches. It is very simple and delicious and a great addition to any brunch.

Ingredients and Directions:

1/2 loaf Italian bread cut into 1-inch cubes

1 - 1-1/2 cups ham cut in cubes

1 cup fresh mushrooms, sliced

1 cup red or green bell pepper, chopped

1/2 cup chopped shallot (or you can use a yellow onion)

2 cups shredded cheddar cheese

10 eggs, slightly beaten

3 cups milk

1/2 teaspoon salt

1/4 teaspoon ground black pepper

Directions:

Lightly grease the bottom of a 9x13 pan or 10 x 14 pan with cooking spray.

Evenly spread the bread, cheese, ham, mushrooms, bell pepper and shallot or onions in the baking pan.

Lightly beat eggs and whisk in milk and seasonings and blend well.

Slowly pour egg mixture evenly over layered ingredients.

Cover with aluminum foil; refrigerate several hours or overnight.

Remove foil and place pan into a preheated 350-degree oven.

Bake 55-60 minutes or until strata is set and top is golden brown.

Cut into 12 squares.

Paleo Banana Muffins

By SUZIE

Here is one of my recipes that I hope you will make over the winter when you want something sweet but healthy!

There is nothing like the smell of baked goods straight from the oven and banana bread is one of those recipes that is so easy and good for you. Regular banana bread/muffins calls for white flour and sugar. Both No No's for those of you who are health conscious. If you substitute one thing for another, you can eat muffins and breads and things more often and not just as a "treat."

This banana bread recipe is a Paleo friendly recipe. It calls for almond flour and coconut flour rather than wheat flour. That means it is GRAIN FREE as well. Very low carbohydrate, less inflammatory while higher in protein.

Almond and coconut flour contain protein and fiber as well as important nutrients like vitamin E and manganese, copper, magnesium, and iron (combined). Almond flour has more fat while coconut flour has a bit more carbohydrates. Both are two different flours, but can be used from baking to binding meatballs and thickening sauces.

I use Honeyville brand Almond flour since it is fluffy and less oily. Coconut flours are all pretty much the same, just make sure you get finely ground.

PALEO BANANA MUFFINS

3 bananas (ripe)

3 large eggs

2 teaspoons vanilla

1 tablespoon raw honey or Maple Syrup

3 Tablespoons butter, ghee, or organic shortening

1 1/2 cups blanched almond flour

2 tablespoons coconut flour

1 teaspoon baking soda

1/4 teaspoon sea salt

Place bananas, eggs, vanilla, and honey or syrup in blender and mix well. (I find this so much easier than mashing it all).

In a separate bowl now, put in flours, salt and baking soda.

Combine the liquid into the bowl and mix until just combined. Don't over mix.

Place liners in muffin tins and spoon batter into 12 tins.

Bake until done at 350 for about 15-18 minutes.

Do not over bake! Enjoy!

Senior Orchestra, Youth Orchestra To Perform Joint Concert Sunday

A joint concert between two local orchestral groups will take place for the first time Sunday, Jan. 28 at 3 p.m. at East Weymouth Congregational Church, 1320 Commercial St. (Jackson Square), Weymouth.

The Wompatuck Senior Orchestra, a Hingham-based group which is made

up mainly of retirees, will collaborate with the Atlantic Youth Orchestra, a Quincy-based group which is made up mainly of middle and high school-age players with some adult beginners, to present a concert of each group playing alone and then joining forces in a festive sendoff to January. The

concert will last about one hour and will feature both classical and pop selections from each group.

Both groups are volunteer, and both groups welcome inquiries from prospective members. For more information go to the Atlantic Youth Orchestra Facebook page or call 617-335-8820.

Veronica Bentley On UMaine Dean's List

Veronica Bentley of Quincy has been named to the Dean's List for the fall

semester at the University of Maine in Orono, ME. Veronica is a member of

the UMaine Class of 2025 and is a political science major. She is a 2021 graduate of Quincy High School.

Victoria Bentley On Roger Williams Dean's List

Victoria Bentley of Quincy has been named to the Dean's List for the fall semester at Roger Williams University in Bristol, R.I.

Victoria is a member of the RWU Class of 2027 and

is a criminal justice major. Quincy High School. She is a 2023 graduate of

More Quincy news:

The Quincy Sun.com

Vocalist Michelle Brooks Thompson Concert Feb. 10 At Milton Library

Vocalist Michelle Brooks Thompson will perform a concert entitled "Iconic African American Female Voices Tribute Show" Saturday, Feb. 10 at 2 p.m. in the Keys Community Room at the Milton Public Library, 476 Canton Ave., Milton.

Ms. Brooks Thompson, who hails from Springfield, is a former finalist of NBC's The Voice and Grand Champion winner of the legendary Apollo Theatre competition. She will sing hits songs of Aretha Franklin, Chaka Khan, Whitney Houston, Gladys Knight and other powerhouse singers in this one-hour event.

This is a free program and is great for all ages. For more information email jhlady@milton.ocln.org or

call the Reference Dept. at (617) 898-4964.



MICHELLE BROOKS THOMPSON

Courtesy Photo

NeighborWorks Housing Solutions Gala Raises More Than \$265,000

NeighborWorks Housing Solutions, a housing service provider in southern Massachusetts, raised more than \$265,000 during its recent "Opening Doors, Changing Lives" Gala, held at Granite Links Golf Club in Quincy.

More than 240 attendees participated in the Opening Doors Changing Lives Gala. Over the past few years, the event has developed from a simple evening to a fundraising experience that not only infuses fun into many aspects of the event, but also provides attendees with a meaningful experience that connects directly back to the mission, vision, and purpose of NHS. In addition to an incredible dinner, guests are treated to fun and engaging games and a photo booth during cocktail hour, a compelling program highlighting and celebrating the work done throughout the year, and a delightful dessert reception. Guests were also invited to participate in a one-of-a-kind silent auction with items curated and donated by many local businesses and restaurants.

The event concluded with a lively "Taylor Swift-themed" raffle that included three tickets to the Patriots vs. Kansas City Chiefs game in December. The tickets were donated by Jay Davis of Davis Law.

"We remain unwavering in our commitment to



ANGELICA GOMEZ, COO of NeighborWorks Housing Solutions.

Courtesy Photo

provide safe and affordable housing and are here to help people make powerful changes in their lives," said Angelica Gomez, COO of NeighborWorks Housing Solutions. "The enormous success of our 'Opening Doors, Changing Lives' Gala stands as compelling evidence that our efforts are not just supported but enthusiastically championed by numerous corporations, small businesses, and individuals."

Proceeds from the gala will support all the programs and people served by NeighborWorks Housing Solutions, including the development of affordable housing, rental assistance, emergency financial help, shelter and homelessness prevention, first-time homebuyer education and counseling, financial coaching, foreclosure prevention, affordable residential and small business loans, and construction and management of high-quality rental

housing across southern Massachusetts. NEI General Contracting was once again the Partnership sponsor at the event and has been a true partner with NHS for a number of years. Other key sponsors were Curtis Construction and Bank of Canton, both of whom supported the gala at the platinum sponsor level; gold sponsors include Colonial Federal Savings Bank, Eastern Bank, Rockland Trust, Dellbrook JKS, Dedham Savings, and North Easton Savings Bank.

"A heartfelt thank you to our sponsors, contributors, and everyone who came out in support of our mission, work, and this very important major fundraiser," said Robert Corley, CEO of NeighborWorks Housing Solutions. "We are housing first responders, and your generosity helps to ensure that we can continue to be flexible and meet the needs of people in our community."

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Social Security Matters Ask Rusty – How Can I Get Details About My Social Security Payment?

By **RUSSELL GLOOR**

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: How do I find the actual breakdown of the Medicare insurance that I have auto deducted and my actual Social Security payment? I was just looking at a video which explained the 3% Cost of Living Adjustment we will be receiving this year, and it compared the current payout to the new payout. There seems to be a big difference in what I am getting and what they said in the video. Currently my Social Security payments are \$1,431. My Medicare insurance is supposed to be \$165, which means my total Social Security is about \$1,596. On the video it said all retired workers are getting \$1,848 with the new increase to take it to \$1,938.00. There are a couple hundred dollars there that I seem to be missing out on. Can you help me understand that difference? **Signed: Confused Senior**

Dear Confused Senior: What you're asking for is an itemized breakout of your gross Social Security benefit, any deductions being taken therefrom (e.g., your Medicare Part B premium), the amount of your COLA increase, and your net Social Security payment for 2024. If that is the case, the best way to get this detail is in your personal "my Social Security" online account, which provides all the information mentioned. You can access your online account at www.ssa.gov/myaccount, and if you don't already have that online account set up, you'll need to first establish your online access credentials (instructions for how to do that will be at that website).

I'm not sure which video you watched, but "all retired workers" do not get \$1,848 (or \$1,938). Everyone's Social Security benefit is different, based on their lifetime earnings record and the age at which they claimed benefits. The numbers you heard in the video were likely average Social Security payments, not the actual amount you should personally be receiving. Here's how it works:

- Your personal benefit is based on your Primary Insurance Amount (PIA) which is the amount you get if you claim for your benefits to start at your full retirement age (FRA), which is somewhere between 66 and 67 depending on the year you were born. Claim before your FRA your benefit is permanently reduced; claim after your FRA it is higher. Your personal maximum benefit is achieved if you claim at age 70.

- The Medicare Part B premium (for outpatient health-care services) is automatically deducted from your Social Security payment. Although the standard 2023 Part B premium was \$164.90, the standard 2024 Part B premium is \$174.70. You may also have other things (e.g., income tax) withheld from your monthly Social Security payment.

- The annual Cost of Living Adjustment (COLA) for 2024 is 3.2%. That means your gross Social Security benefit goes up by that percentage starting in 2024. But there was also a \$9.80 increase in your Medicare Part B premium starting in 2024, which means that you won't see all of the COLA increase in your Social Security payment. Since your Medicare premium is deducted from your Social Security, that Medicare increase will also be taken from your SS payment, so you won't see the full 3.2% COLA increase in your 2024 Social Security payment.

To see all of this detail for you personally, I suggest you access your online "my Social Security" account as described above. As an alternative, you can also call Social Security at 1.800.772.1213 and request a Benefit Verification Letter which will include all the information you seek about your Social Security payment.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

More Quincy news:

The Quincy Sun.com

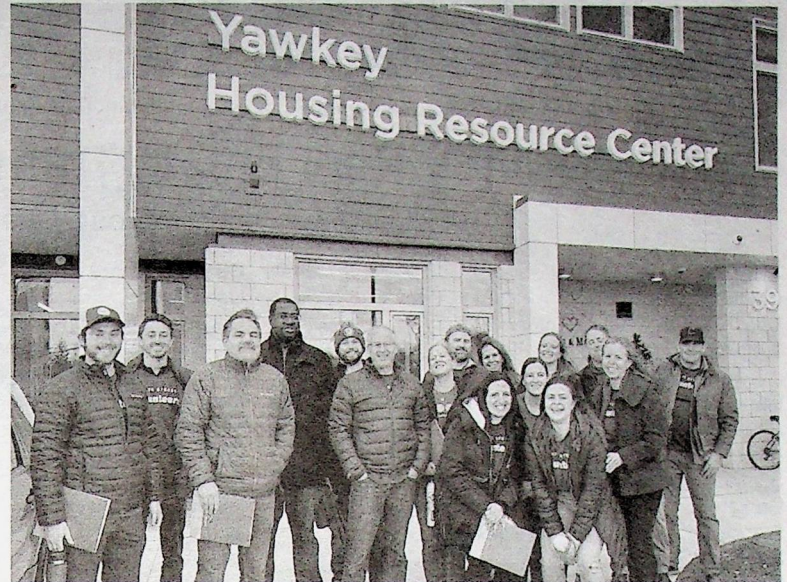
State Street Global Advisors' Jaclyn Collier, Of Quincy, Enters 2nd Year On Father Bill's & MainSpring Board



JACLYN COLLIER

This month marks one year since Jaclyn Collier, Chief Compliance Officer of State Street Global Advisors, joined the Board of Directors at Father Bill's & MainSpring (FBMS), a regional leader in providing services to prevent and end homelessness. State Street Global Advisors is the investment management arm of State Street Corporation, which has offices across the world including a location in North Quincy.

Collier, a Quincy resident, has more than 20 years of asset management experience in compliance and compliance-related roles. Collier joined FBMS' Board of Directors last year as part of the State Street Foundation's charitable board matching program, which provides training and support for State Street employees to serve as board members for charitable or-



QUINCY'S JACLYN COLLIER, Chief Compliance Officer of State Street Global Advisors and an FBMS Board member, helped connect State Street Global Advisors' legal and compliance groups (pictured here, in December 2023) with a volunteer opportunity setting up apartments at FBMS' new Yawkey Housing Resource Center at 39 Broad St. Courtesy Photos

ganizations.

"We're thrilled that Jaclyn is serving on our Board," FBMS President and CEO John Yazwinski said. "As our agency continues to grow, Jaclyn's expertise in the compliance field has greatly benefited our ability to continue leading as a trusted and respected provider in our region."

In 2023, Collier's impact on FBMS extended beyond her role on the board. In De-

cember, Collier helped connect State Street Global Advisors' legal and compliance groups with a unique volunteer opportunity at FBMS' new Yawkey Housing Resource Center at 39 Broad St. The groups helped set up many of the new efficiency apartments for 30 formerly homeless individuals.

As Chief Compliance Officer at State Street Global Advisors, Collier is responsible for implement-

ing a compliance program that adheres to global regulations and supports the firm's business functions and legal entities. Collier, a member of the State Street Global Advisors' Executive Management Group and the Senior Leadership Team, earned a Juris Doctor from Suffolk University Law School, summa cum laude, and a bachelor of science in management studies from Boston University.

Elvira Caldeira Joins NeighborWorks Board Of Directors

NeighborWorks Housing Solutions (NHS) announces Elvira Caldeira of Raynham as a member of its Board of Directors.

NHS has built a diverse board that includes a broad spectrum of backgrounds and experiences, representing the communities in which services are delivered. Caldeira brings a wealth of institutional knowledge and leadership to her position on the NHS board of directors. In this capacity, she, along with other board members, will assist in overseeing the direction of the nonprofit that has provided services to more than 20,000 households in over 75 cities and towns across the region. She and the board will be forward-thinking about how to best position the agency for the future.

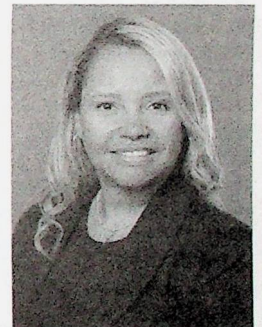
Caldeira started her career in banking and transitioned to a role with NHS in 2014 to manage the organization's homeownership and lending program. During this time, she developed strategic partnerships with the business community to help local families realize their dream of homeownership. In addition to homeownership, Caldeira managed the administration for the "Get the Lead Out" program, which provided loans to households and

landlords impacted by lead paint. This loan program enabled families to make their homes safer in an affordable way. Caldeira is currently the portfolio and lending operations manager with Massachusetts Housing Partnership in Boston.

Caldeira holds a bachelor of business administration from New England College of Business and is

in the process of obtaining her JD from New England College of Law.

"Elvira's first-hand knowledge and appreciation of the important services we provide, combined with her leadership and strategic mindset, are perfectly suited to her role as a member of the board of directors," said Robert Corley, CEO of NeighborWorks Housing Solutions.



ELVIRA CALDEIRA



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Real Estate

Quincy Real Estate Transactions Jan. 16 - Jan. 19

Transactions are compiled by the Norfolk County Registry of Deeds

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Catherine M. Connolly
Paul A. Ricci & Galina Antonova
795 Hancock Street Realty Trust
JKL Realty Trust
Liang-Washington Street Realty Trust
Anup Adhikari
Roberta E. Silva
Salenuis Family Trust
Daniel J. & Lauren T. Clark
Frances E. Fahey & Ann Blanchard
3 Dayton Street Realty Trust
Minh P. Lung & Amy Giang
Belanger Family Trust
KLM Realty Trust
212 Holbrook Road Realty Trust

BUYER

Lisa Dunn
Quiyi Yang & Xiaonian Huang
Mitchell Realty Development LLC
Mitchell Realty Development LLC
Dandecan LLC
Yimeng Pan & Qixin Wang
Caitlin A. Goodrich
Kenny Son
Matthew J. Regan
Jinna & Haowen Deng
Guang F. Huang & Shaoqing Liu
Xiao Z. Yu & Shui M. Chan
Ngoc Pham
Catarina Ramos & Roberto Vargas
Yun Lin & Jia L. Zheng

AMOUNT

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\$595,000.00
\$680,000.00
\$650,000.00
\$1,050,000.00
\$660,000.00

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27 Gannett Road
116 Evans Street
13-15 Dee Road
31 Francis Avenue
3 Dayton Street
3 Penns Hill Road
18 Montclair Avenue
113-115 Merrymount Road
212 Holbrook Road

O'Donnell Sees Gradual Rise In RE Activity

Cont'd From Page 1

Cape Cod and New Hampshire.

"I still see Norfolk County, Quincy in particular... they are well-run communities," he said. "They are desirable communities. On a train ride, you're into Boston. On a tankful of gas, you've got the beaches of Cape Cod or the mountains of Vermont or New Hampshire. I think Greater Boston, Norfolk County in particular, is a desirable place to live. The demand to live in these communities, I don't see going down."

"Is the housing production going to ramp up? I know there are efforts to do that, but that takes time as well. So, I do see prices going up in 2024. I'd like to think deeds will go up. I think mortgages will go up

because interest rates, hopefully we've seen the high and will start going down. So, I do think it will get better."

"Certainly, it's not going to get to 2003 when there were 320,000 documents recorded in Norfolk County; in 2004, it was 330,000 documents. I don't see that happening, but I do see it improving, albeit probably not as much as people would want, but in a gradual way."

The total document volume for all of Norfolk County decreased 21 percent from 2022 to 2023. In Quincy, the decrease was 19 percent from year to year.

"What I'll say about 2023, it saw challenges in the real estate sector of our economy," O'Donnell said. "When I say challenges, one of the key indicators is doc-

ument volume and the document volume at the Registry of Deeds was down.

"I'll go countywide. Total documents recorded in 2022...130,051, but in 2023, 102,188. That's down 27,863 or down 21 percent."

"Now Quincy did better than the county, but it was still down. For instance, total documents recorded that pertained to Quincy, there was 12,047 documents recorded in 2022 versus 9,726 [in 2023]. So again, much like the county, Quincy was down 2,321, but that was only 19 percent."

The average sales price was also down countywide, O'Donnell said, though he noted that figure can be skewed because it includes both residential and commercial properties.

"One of the things we notice was the average sales price. We track commercial and residential and it kind of gets skewed, but countywide it was down 8 percent," he said.

"You talk to brokers or you talk to real estate professionals, and of course some of the real estate journals, prices are down but there's still low inventory. Around here, whether it's Quincy or Norfolk County - really the Greater Boston

area - there's steady housing demand. So even though prices are down, they're still pretty high."

"Projecting forward, even I think if interest rates dip as they're projected to, home prices at least in 2024 are expected to increase. That's what the Massachusetts Association of Realtors say. Why would home prices go up? I think it's because there's not enough housing stock, so the inventory is still low. Brokers say that but also the housing production isn't what it should be."

Countywide, the number of deeds recorded by the registry, which includes both residential and commercial properties, decreased from 17,398 in 2022 to 15,253 in 2023, a difference of 2,145 or 12 percent. In Quincy, the number of deeds decreased from 1,956 deeds in 2022 to

1,760 in 2023, a difference of 196 or 10 percent.

"Quincy was down," O'Donnell said, "but Quincy still did better - their decrease was less than what it was countywide."

The number of mortgages recorded - a figure that accounts for both sales and refinancing - also decreased from year to year. Countywide, the number of mortgages recorded decreased from 23,265 in 2022 to 14,598 in 2023, a difference of 8,667 or 37 percent. For Quincy, the number of mortgages decreased from 2,238 in 2022 to 1,398 in 2023, a difference of 840 or 38 percent.

O'Donnell said mortgages are down in part because of interest rates.

"When I mentioned we're down, another component is mortgages. It's

intuitive, why would mortgages be down. Well, first of all, most people that refinanced in 2020 and 2021 when interest rates were lower aren't going to be refinancing when they're anywhere from 6.5 percent to the high of 8 percent in 2023," he said.

"Yes, there's less properties being sold, which means there's less borrowing. But the big component in those years that people forget in 2020, even though there was Covid, and 2021, it the busiest time at the Norfolk Registry of Deeds going back to the real high years of 2003 and 2004."

O'Donnell added the he feels bad for first-time homebuyers, given today's interest rates.

"I feel bad - I remember my grandmother say-

Cont'd On Page 12



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Graceffa Joins Houzz Research Panel

Quincy interior decorator Barbara Graceffa was recently invited to join the Houzz Barometer Research Panel. In this professional role, she will participate in survey research to gather data on renovation trends, homeowner spending habits, and personnel issues like wait times for design-related services, among others.

"I'm honored to join architects, contractors, and other design colleagues across the country," said Graceffa, "to provide feedback on topics of interest to industry professionals and their clients. Being associated with Houzz, a giant in the online home remodeling and furnishing business, is certainly a proud achievement."

Owner of the Quincy-based small business, Secretary of the Interior, and a columnist for *The Quincy Sun*, Graceffa has been a decorator for 15 years. She is the author of the new book, *Inside Information: Secrets from an Interior Decorator*.

Graceffa also serves on the Sherwin-Williams Advisory Board and the Magazine Advisory Board of Dot Meredith, America's largest print and digital publisher of decorating magazines like *Better Homes and Gardens*, *Southern Living*, *Magnolia Journal*, and *The Spruce*.

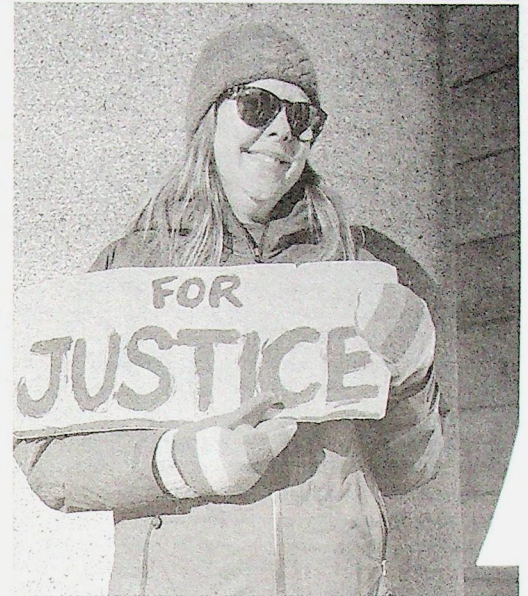


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StandOutQuincy4BlackLives: Reflection On Wisdom Of Martin Luther King, Jr.

By MIMI BALSAMO

Coordinator, StandOutQuincy4BlackLives

In honor of the Rev. Martin Luther King, Jr., a remembrance of his wisdom and reflection on his words were part of the event held at United First Parish Church Jan. 15 - the 95th anniversary of his birth.

A group of about 50 residents gathered, as the Rev. Rebecca Froom opened the program. Ministerial Intern McKayla Hoffman was present in support. The group held signs reflecting the values taught by King, for Justice, Peace, Love over Hate and an end to Racism.

Remarks were presented by Mimi Balsamo and Claire Fitzmaurice on the history of the StandOutQuincy4BlackLives, an appreciation of the support by the UFPC community, and plans for a hiatus when future direction is developed. We celebrated the many supporters, especially the backbone members of the group, who have been part of a StandOut action for over three years.

Readings from Dr. King's speeches were presented by members, Kathy Campbell, Bonnie Gorman, Claire Fitzmaurice, Mike Cotter, Sal Balsamo, Shiv Singh, and DJudi Blumstein, and Mimi Balsamo and others.

We were honored by the attendance of Anne Mahoney, former city councillor-at-large, and powerful supporter of Human Rights in our city.

She was joined by her husband Kevin Mahoney, her co-host on the Podcast, City Limits.

Music played as the group paraded around the heart of the city, sharing the Rev. King's word. A final reflection by Rev. Froom brought the gathering to a close.



Courtesy Photos



Four-Story Building Proposed On Independence Avenue

By SCOTT JACKSON

Neighbors expressed concerns about a proposed four-story, mixed-use building at the corner of Independence Avenue and Franklin Street during a Planning Board hearing held this past week.

The board held a public hearing on the proposal the evening of Jan. 17. No vote was taken during the meeting, and the matter was continued until March 20.

Developer Anton Cela is seeking to construct the four-story building at 10 Independence Ave., which is currently home to Quincy Auto Tech. The site contains 10,973 square feet of land and is zoned Business A.

During the Jan. 17 hearing, the applicant's attorney, Patrick Foley, said the stretch of Franklin Street between Quincy Center and Independence Avenue has gotten a facelift over the past 18 months, with two new mixed-use buildings under construction and a new Dunkin' Donuts now open.

"This proposal will follow that mold on mixed-use development," Foley said.

The proposed building at 10 Independence Ave would have a 1,200-square-foot commercial space on the ground floor. Three condominium units would be located on each of the three upper floors, for a total of nine units. Those units would range in size from 1,282 square feet to 1,374 square feet. Each would have two bedrooms and two bathrooms, and the larger three units would have an

office space as well.

Under the plans presented to the Planning Board, the building would be located adjacent to the corner of Independence Avenue and Franklin Street. A parking lot would be located behind the building, with landscaping to separate the building's parking lot from the parking lot of the Shop-N-Save next door. A total of 23 parking spaces are included in the proposal, 21 in the parking lot and two others accessible through a separate curb cut on Franklin Street. The latter two spaces would be for the commercial space on the ground floor.

Foley told the Planning Board he had been unable to arrange a community meeting on the plan prior to the board's hearing because of the change in ward councilor at the start of the month. Ward 2 Councilor Richard Ash hosted a community meeting on the proposal the following evening, Jan. 18.

The project also requires approval from the Zoning Board of Appeals. Foley said the applicant would continue the zoning board hearings on the matter until after the Planning Board completes its review.

Several members of the Planning Board raised concerns about the proposal during the Jan. 17 hearing.

"The project is, I think, a little too big for the spot right now," said Larry Liuzzo. "Certainly, I appreciate what you're trying to do here. I look forward to seeing some future version of the project."

Kimberly Bielan, the



FOUR-STORY, mixed-use building has been proposed for 10 Independence Ave., which is located at the corner of Franklin Street. The building would include ground-floor commercial space and nine condo units on the upper floors. The Planning Board held a hearing on the proposal on Jan. 17 and continued the matter until March 20.

Rendering Courtesy Choo & Company

board's chairperson, said she was concerned the rooms labeled as offices in the three larger residential units could instead be used as bedrooms.

"My concern would be that that could easily be transformed into a bedroom space because that has a separate door - I know it doesn't have a closet - but maybe having a cased opening on that would probably cause less concern for me," Bielan said.

Two area residents and two business owners spoke during the hearing, voicing their concerns about the

proposal.

Cindy Brandi, an Independence Avenue resident, said she is not opposed to development on the site - she called it "ugly as sin now" - but said the proposed building was too big and too close to the sidewalks.

"This is about two stories too high and about five feet too close to the sidewalks," she said.

Richard Sweeney Jr. of the Sweeney Brothers Home for Funerals said he was concerned about the size of the building, the proximity of the building to the side-

walk, and parking for the commercial space.

"The other thing I don't hear about is the effect that this building would have on the historical area; we have John Adams and John Quincy Adams' birthplaces right in the middle of that intersection," Sweeney said.

Rob Marchionne of Marchionne Insurance said his primary concern was the lack of parking in the area.

"I'm all for development," Marchionne said. "Put up a beautiful building with condos, but just something that's sized appropriately with proper parking

for that neighborhood."

The board also received letters from Marianne Peak, the superintendent of the Adams National Historical Park, and James Edward, the president of the Quincy Historical Society, raising concerns about the proposal. Peak said she was concerned about traffic in the area, noting additional events are planned at the birthplaces for the Quincy 400 initiative in 2025 and the country's 250th anniversary in 2026. Edwards said the building's design was "jarring in context with the surrounding neighborhood."

O'Donnell Sees Gradual Rise In Real Estate Activity

Cont'd From Page 10

ing it about me when I was buying a house and here I am the old person saying it about the new generation - I feel badly for them, because imagine being a first-time homebuyer and interest rates in 2023 started around 6.5 percent but got as high as 8 percent," he said.

"So when you're a new homebuyer and you're buying a house, that just adds such tremendous cost to the house. I really feel bad for the people that are buying the houses now, because if they are borrowing money - and they are; most people need to - they are paying a higher interest rate and think of the carrying cost between 2.5 percent versus 7 percent. It's very tough on the first-time homebuyers, be they are young couple or maybe some people who are in their 40s, they're renting in Boston trying to get into the market."

While those numbers are down, O'Donnell said that interest in real estate in the

county remains high.

"I don't want to give the wrong notion. Even though document volume is down and interest rates are up, we see buyers - sometimes they still come to the registry to close - and there is still multiple bidding wars. The young couples that are coming in, buying houses, saying 'we lost out on three or four houses,'" he said. "Norfolk County is still a desirable place to live and the communities are desirable. A lot of the communities have a lot to offer."

To underscore his point, O'Donnell noted that, as of November, real estate in Norfolk County was listed for an average of 35 days. The national average for such listings was 52 days, he said.

"Again, just showing there is still competition in this expensive market," O'Donnell said.

He also noted that vacancy rates for residential rental properties in Boston is less than 1 percent.

"I don't have the Quincy thing, but I looked up some information on the high demand of rentals in Boston. In the city of Boston - this is the vacancy rate - it was 0.65. It was under 1 percent," O'Donnell said.

He further highlighted a December report from RentCafe which found 13 prospective renters were vying for each available apartment in the Greater Boston area.

"There was a report from RentCafe that suggested 13 people on average were vying for apartments in the Greater Boston area; 13. In Providence it was 17 and in Portland, Maine, it was 20," O'Donnell said.

"I think it's pointing out there is competition in Greater Boston, including Quincy, for apartment rentals - never mind housing. My takeaway is, whether it's Norfolk County or Quincy, whether you're buying a house, owning a house or trying to rent a house, it's expensive. Living in this area - there's a lot of great

advantages - but it's expensive for homeowners and it's expensive for renters."

"Anecdotally," he added, "I'm no expert; you'd have to talk to the economists - I do a lot of reading on it, follow up with the Massachusetts Association of Realtors, whether you're on the business side of it or you're a housing advocate, it seems like everyone is saying increasing the housing production is critical to resolving this Greater Boston - some people call it a housing crisis. I'm just looking at the numbers and what we have here is limited inventory. There's still limited inventory."

Another area the registry keeps track of is foreclosures.

Countywide, notices to foreclose - the first step in the foreclosure process - rose from 308 in 2022 to 339 in 2023. In Quincy, the number of such notices increased from 30 in 2022 to 34 in 2023.

The number of foreclo-

sure deeds - the final step in the process - recorded countywide rose from 68 in 2022 to 73 in 2023. Quincy was able to buck that trend, O'Donnell said, as the number of foreclosure deeds decreased from 14 in 2022 to three last year.

O'Donnell advised residents who have received a notice to foreclose, and those who think they might be at risk of foreclosure, to reach out to either NeighborWorks Housing Solutions or Quincy Community Action Programs for assistance. Information on both

non-profits, as well as the Attorney General's Office, is available on the registry's website, norfolkdeeds.org.

"If anyone is struggling - we do have neighbors that are struggling with foreclosure - they can go to our website, www.norfolkdeeds.org," he said. "We have partnerships with Quincy Community Action Programs and NeighborWorks Housing Solutions and they kind of give counseling services, and legal services, because foreclosure is a legal process, to people in need."

Craft & Cocoa Night At Wollaston Library Jan. 31

The staff of the Thomas Crane Public Library will present a Craft & Cocoa for Adults event Wednesday, Jan. 31 from 6 to 8 p.m. at the Wollaston branch library, 41 Beale St., Quincy.

The public is invited. During the event, attendees can work on a craft and sip hot cocoa amongst other

crafters. Attendees are encouraged to bring their own craft supplies and a project of their choice.

Thomas Crane's staff will provide cocoa and basic supplies, including scissors, pencils and paper towels.

This event is free to attend, and no registration is required.

State To Buy McGrath Highway Building For Courthouse Project

Cont'd From Page 1

to the state for \$1.8 million. Ward 6 Councillor William Harris, who works for the state, voted present.

The city had purchased the McGrath Highway property in December 2022 for \$1.8 million. Koch at the time said the single-story office story building on site could be used for meetings of groups like Alcoholics Anonymous, while also leaving open the possibility that it could be sold to the state as part of a plan to build a regional justice center to replace the adjacent Francis X. Bellotti Courthouse.

Ward 1 Councillor David McCarthy, in whose district the courthouse and McGrath Highway property are both located, on Monday said the deal would be wash for the city.

"This is that 6-10 McGrath Highway that the city purchased I think maybe a year or more ago with intentions to utilize it as a city asset in regards to assisting residents and such in different capacities. It is now more feasible to go back to the state so they can move forward with the courthouse," McCarthy said.

"[It] is pretty much just a wash. The \$1.8 million that we see here is the price that was put out there."

Janet Petkun, an assistant city solicitor, said it is bene-

ficial to have the courthouse located in Quincy.

"The intention now is to keep the courthouse in the city, which I'm sure everyone knows is really a financial asset to the city because of employees coming in, other people coming in, utilizing the courthouse and visiting Quincy Center," Petkun said. "This is an opportunity to now work with the state, do an intergovernmental transfer essentially, and allow the courthouse to remain right in Quincy Center."

As part of the plan to build the new regional justice center, the state purchased the Francis X. Bellotti Courthouse at 1 Dennis Ryan Parkway from Norfolk County for \$10.4 million in July 2023.

The new justice center should be substantially complete by the fall of 2028, according to the website of the state's Division of Capital Asset Management and Maintenance (DCAMM), and the project has an estimated cost of \$187.5 million.

The project will replace the existing courthouse, which was built in 1971 and houses the Quincy District Court, with a new justice center "with modern court facilities for District, Juvenile and Housing Courts with expanded public amenities and additional space

for court support functions including jury rooms, district attorney offices, and court service center," according to DCAMM.

In addition, DCAMM says, "the new facility will accommodate the necessary courtrooms, hearing rooms and mediation spaces. There will be separate and secure circulation for judges, public, and detainees. The courthouse will be designed to meet the current and future demands for office spaces, transaction areas, public accommodations, and attorney-client spaces."

The state agency said that property acquisition for the new courthouse and coordination of parking needs with the city are currently ongoing.

The \$1.8 million the city will receive for the McGrath Highway property will go into the same district-improvement-financing account that was used to purchase the site, said Eric Mason, the city's chief financial officer, following Monday's vote.



THE AVIATION HELMET worn by Captain Richard A. Stratton during the Vietnam War was recently presented to Mayor Thomas Koch by Captain Stratton's son, Navy and Marine Corps veteran Patrick Stratton, as a gift to the City of Quincy. The helmet will be on display in the Old Town Hall Museum located inside the James R. McIntyre Government Center (old City Hall). Captain Stratton served as lieutenant commander during the Vietnam War. He was one of the longest serving prisoners of war and earned the Silver Star after his release for his valor and leadership. He and his wife Alice now reside in Florida and stay connected with the City of Quincy through their conversations and visits with Mayor Koch. In 2019, a street in the Montclair section of Quincy, the Captain's childhood neighborhood, was dedicated in his name. A full interview with Captain Stratton and Mayor Koch is available on YouTube.

Photo Courtesy Lisa Aimola/Mayor's Office/City of Quincy

Council OKs Funds For School Work

By SCOTT JACKSON

City councillors on Monday unanimously approved appropriations to pay for repairs at three of Quincy's elementary schools.

Councillors approved borrowing \$2.16 million to replace a section of the roof of the Montclair Elementary School, \$1.44 million to replace a section of the roof at the Wollaston Elementary School, and \$1.77 million to replace the two natural gas boilers at the Parker Elementary School.

The three projects are all part of the Massachusetts School Building Authority's Accelerated Repair Program. The MSBA will reimburse the city for a portion of the cost of each of the three projects.

The roof replacements at the Montclair and Wollaston Elementary Schools are scheduled to take place in the summer of 2024, according to the Quincy Public Schools' website, while the replacement of the boilers at the Parker Elementary School will take place in the summer of 2025.

In other business on Monday, councillors unanimously reelected Jennifer Manning as the clerk of committees. She has held that post since September 2014.

"As we all know and the new councillors will find out, Jen Manning...is proac-

tive, efficient, experienced - a person you'll go to for advice also," said Ward 1 Councillor David McCarthy. "She knows the council in and out. She is an anchor up in the office along with all the other ladies and all the people that support us."

"I've said this before, but I think it's bears repeating, we literally could not do our job if it were not for you, Jen," said Councillor Nina Liang. "You keep us on our toes, you keep us accountable, you also keep us connected to everything we need to know, who we need to hear from, if we're dropping the ball on something - I don't think that really happens because you keep us on top of it."

Following her reelection, Manning thanked the councillors for their remarks.

"Thank you," she said, "thank you all."

Councillors likewise approved the schedule of regular City Council meetings for the upcoming year. Regular meetings this winter and spring are scheduled for Feb. 5 and 12; March 11 and 18; April 1 and 22; May 6 and 20; and June 3 and 17. Following the summer recess, regular meetings are set for Sept. 9 and 16; Oct. 7 and 15; Nov. 12 and 18; and Dec. 2 and 16. Special meetings, and meetings of the council's various committees, are announced as needed.

Councillors also voted to confirm Mayor Thomas Koch's appointment of Timothy Baker of Ocean Street to the Quincy Housing Authority Board of Commissioners. Baker was appointed to an unexpired term on the board of commissioners and his appointment will continue through the first Monday of February 2026.

Houghs Neck Garden Club Meets Feb. 7

The Houghs Neck Garden Club will meet Wednesday, Feb. 7 at the Community Center at 7 p.m.

The guest speaker will be Zen-Jay Chuang presenting "Asian Aesthetics on Western Art." He presented club members with the first half of this presentation last year and will present the second half Feb. 7.

On Wednesday, March 6, Sara Muspratt will present "New Uses for Annual." Sara will share information on all things that grow and the ways in which they can be used. This meeting is at the Community Center at 7 p.m.

The club extends sincerest condolences to Christine Cotter on the loss of her extended family member.

The Garden Club is looking forward to spring when members can get back to beautifying the community. Come join us then.

The Houghs Neck Gar-

den Club is a member of the Garden Club Federation of Massachusetts and a 501c3 non-profit organization.

Learn-To-Skate Classes

Bay State Skating School announces new winter learn-to-skate classes for children, ages 4 to 18 are at ice rinks in Weymouth Quincy.

Classes at the Connell Rink, 220-R Broad St. in Weymouth start Sunday, Feb. 11th at 2 p.m. for seven weeks and at the Shea Memorial Rink, on Willard Street in Quincy, starts Sunday, Feb. 25th at 11 a.m. for five weeks. Classes are also available at nine area rinks.

Use either figure, recreational or hockey skates. Beginner, intermediate and advanced classes taught by professional instructors. For information and to register, call Bay State Skating School at 781-890-8480 or visit online at www.BayStateSkatingSchool.org.

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"Rock Solid Security"

On Thursday, Jan. 11, at approximately 3:41 a.m., Officers B. Jackson, Larsen, MacPherson, Chow, M. Foley, Fitzgerald with K-9 Ragnar and Sergeant Dougan were dispatched to the CVS on Southern Artery for a report of a robbery in progress. Our Communications Division provided the responding units with a description of the suspect, who reportedly fled the store.

Officer Larsen arrived on scene quickly and were told by the caller that the suspect had fled towards Auto Zone on Southern Artery and onto Stewart Street. Officer Larsen and Sergeant Dougan detained a male matching the description on Stewart Street. This person was reaching into his pocket for the keys to his vehicle. He was still wearing a mask used during the robbery and holding stolen merchandise from the pharmacy in his hand. Initially the suspect was not cooperative with officers. This brief detention resulted in this person being arrested. The stolen merchandise was recovered from the suspect.

Due to the quick response, coordination by the responding Officers and good communication of all involved the suspect was quickly apprehended. He was arrested and arraigned on several charges in Quincy District Court.

Job Well Done!

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

On Monday, Jan. 15, at approximately 3:40 a.m. Officers Clifford, Harrington, Braun, Callanan, S. Miller and MacPherson were dispatched to a residence in Squantum for a report of a missing elderly person who suffers from dementia.

Officer Clifford responded to the residence to gather further information for responding units. The family told Officer Clifford that while sleeping their loved one left the residence. The officers thoroughly checked the inside of the residence with a negative result.

A short time later, Officer Harrington located the elderly male at the intersection of Bellevue Road and Seal Rock Lane. He had suffered injuries consistent with falling and was bleeding on his hands and elbows. Officer Harrington

assisted him into his cruisers as he appeared very cold and rendered aid until Brewster EMS arrived.

The elderly male was transported to the Beth Israel Hospital/Milton. The missing person's family posted on social media praising the officers' actions. "We want to extend heartfelt thanks to each member who was involved in the search and rescue operation. Their commitment to protecting and serving the community has not gone unnoticed."

Officer Clifford provided the family with information about our Project Lifesaver Program. Project Lifesaver is part of a national program to locate and rescue missing persons who have wandered due to "Alzheimer" or related conditions such as autism and/or dementia. Electronic tracking is used by trained officers to locate a missing person enrolled in the program.

If you would like more information about this program, please contact Program Coordinator Carol Flynn. Carol Flynn's email is cflynn@quincyma.gov.

Quick action by the family to alert QPD coupled with a quick coordinated response resulted in the QPD midnight shift finding this person quickly in very cold weather conditions.

Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, JAN. 12

LARCENY/MOTOR VEHICLE (Hyundai Accent), 7:12 a.m., Morton Street. Report to be filed.

DISORDER (customer/employee), 10:10 a.m., Walgreen Pharmacy, 330 Hancock St. Arguing over what was bought in the store. Argument over pricing. Peace restored. Customer was refunded his money.

SHOPLIFT (shoplifter), 10:33 a.m., Target, 289 Hancock St. Party walked out with some food and a backpack. Case number provided store to handle.

LARCENY (electric bike), 11:52 a.m., 20 block of Des Moines Road. Report to be filed.

SHOPLIFT (two suspects), 12:22 p.m., T.J. Maxx, 100 Granite St. One under arrest for shoplifting and outstanding warrants.

SHOPLIFT, 4:25 p.m., Marshalls, 141 Newport Ave. Suspect identified and issued a trespass. Merchandise returned and store will handle.

SHOPLIFT, 8:25 p.m., Marshalls, 141 Newport Ave. Report to be filed.

VANDALISM/PROPERTY (threw coins at car), 9:49 p.m., 200 block Rock Island Road. Spoke to caller, advised. No suspect information.

SATURDAY, JAN. 13

BREAKING AND ENTERING/MOTOR VEHICLE (Honda SUV), 11:04 a.m., 99 Ranch Market, 475 Hancock St. Report to be filed.

LARCENY (checks missing), 12:50 p.m., 50 block of Spear Street. Report to be filed.

SHOPLIFT (female shoplifting), 1:03 p.m., Target, 289 Hancock St. Suspect identified and sent on the way.

SHOPLIFT (male), 4:56 p.m., Target, 289 Hancock St. Suspect issued a trespass notice and sent on the way. Store to handle.

DISORDER (shopping carriage), 5:39 p.m., Star Market, 130 Granite St. Dispute involving a shopping cart bumping into a vehicle. The caller did not want to see an officer just wanted the incident documented.

LARCENY (just occurred), 6:26 p.m., 30 block of Copeland Street. Vehicle broken into. Items stolen. Report to be filed.

SHOPLIFT (active), 10:29 p.m., Seven Eleven Store, 495 Washington St. Suspect issued trespass and sent on the way. Store to handle.

SUNDAY, JAN. 14

SHOPLIFT, 1:18 p.m., Stop and Shop Supermarket, 65 Newport Ave. Merchandise returned before suspect left the store.

DISORDER (male yelling), 7:43 p.m., Papa Ginos, 100 Granite St. Male causing a disturbance. Peace restored and male was sent on the way.

DISORDER (employee and customer), 8:51 p.m., Quick Six Discount Liquor, 603 Washington St. Verbally arguing over the use of the bathroom. Peace restored.

MONDAY, JAN. 15

DISORDER (in parking lot), 1:10 a.m., Cathay Pacific, 111 Hancock St. All involved dispersed prior to officers' arrival. Peace restored.

VANDALISM/PROPERTY (tires slashed), 11:46 a.m., 10 Taffrail Rd. Case number provided. No suspect information.

BREAKING AND ENTERING/PAST (tools), 12:01 p.m., Hancock Park Rehab, 164 Parkway. Person went through the window and stole tools. Report to be filed.

SHOPLIFT (detained), 6:15 p.m., Home Depot, 177 Willard St. Suspect issued a trespass notice. Summoned to Quincy Court for shoplifting. Report to be filed.

VANDALISM/PROPERTY (past), 9:58 p.m., McDonald's, 275 Hancock St. Homeless male broke door yesterday and he would like to report it. Case number provided. No suspect info at this time. Report to be filed.

TUESDAY, JAN. 16

BREAKING AND ENTERING/PAST (dwelling), 5:51 a.m., 40 block of Holmes Street. Officer flagged down. Someone broke into his residence and then stole his vehicle from the driveway. Report to be filed.

SHOPLIFT (holding two males), 2:10 p.m., Stop and Shop Supermarket, 495 Southern Artery. Suspect arrested on outstanding warrants. Issued a trespass by Loss Prevention Officer.

SHOPLIFT (female), 6:81 p.m., Walmart, 301 Falls Blvd. Suspects fled unable to locate. Report to be filed.

WEDNESDAY, JAN. 17

reads the email. "I'll pay you back as soon as I am back."

The request sounds reasonable. But if you do buy the gift card, your "friend" will ask you to share the card's PIN and/or send a photo of the back of the card. Unfortunately, by doing this you are essentially handing money to the scammer. It's nearly impossible to get the money back because gift cards do not have the same protections as credit or debit cards.

Protect yourself from this con

• **Reach out to your friend directly.** If you get an unusual request, call or text your friend to confirm their story. No matter how harmless the story sounds, always double-check before sending someone money.

• **Use gift cards wisely.** Never do business with anyone who insists on payment with gift cards. Remember, providing the numbers from the back of a gift card is just like sending cash.

Better Business Bureau Warns Friend E-Mail Scam

By BETTER BUSINESS BUREAU

If a friend asks for a favor, you do it, no questions asked. Right? Time to rethink that policy.

In this new con, a scammer poses as a friend asking for a simple favor. The email is so convincing that BBB staff almost fell for it!

How this scam works

You get an email that appears to be from a friend or family member. The message looks harmless and casual—like something a friend might really write. For example, one version reads: "Hi, how are things going with you? Are you busy? I need a quick favor." The message even ends with "Sent from my iPhone."

Concerned about your friend, you reply and ask for more details. The "friend" quickly responds that they are trying to buy a gift card for their niece's birthday. However, they are traveling and having trouble purchasing the card online. "Could you get it from any local grocery store around you?"

LARCENY (past), 9 a.m., Father Bill's Place, 39 Broad St. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 9:54 a.m., Archstone, 95 West Squantum St. Report to be filed.

ASSAULT AND BATTERY (past), 11:56 a.m., Quincy District Court, 1 Dennis F. Ryan Parkway. Male spit on two court officers. Report to be filed.

LARCENY (package), 12:36 p.m., Alister Quincy Office, 500 Falls Blvd. Report to be filed.

DISORDER (male), 3:33 p.m., West Elm Variety, 139 West Elm Ave. Male causing a disturbance over lottery tickets. All units clear from scene. Peace restored.

SHOPLIFT (one detained), 4:56 p.m., T. J. Maxx, 100 Granite St. Suspect was issued a trespass notice. Sent on way. Store to handle.

DISORDER (yelling and screaming), 6:37 p.m., 91 Clay St. Peace restored.

VANDALISM/PROPERTY (vehicle), 7:16 p.m., Kathleen Ann Apartments, 433 Furnace Brook Parkway. Caller reports that she just came home and found all her tires slashed and one of the windows smashed out of her vehicle. Report to be filed.

VANDALISM/PROPERTY (mailbox/ATM damaged), 8:37 p.m., JP Morgan ATM, 1205 Hancock St. Report to be filed. The suspect was identified and will be summoned to Quincy District Court.

THURSDAY, JAN. 18

LARCENY (package stolen), 8:41 p.m., 30 block of Winthrop Street. Raincoat was stolen. Report to be filed.

AAA: Massachusetts Gas Prices Down Two Cents

The wintry weather gripping a large portion of the country is producing a mixed bag when it comes to the cost of a gallon of gasoline. Prices are up in some states and down in others as both demand and production are seeing cold-related impacts.

A similar interplay of competing forces can be seen in oil prices—a primary driver of gasoline prices—which continue to oscillate between \$70 and \$80 a barrel. Ongoing tensions in the Middle East, particularly in the critical Red Sea shipping corridor, would ordinarily send oil prices higher. But the International Energy Agency last week reported weaker-than-expected global oil demand, led by sluggishness in the Chinese economy.

The average gas price in Massachusetts is down two cents from last week (\$3.13), averaging \$3.11 per gallon. Monday's price is 14 cents lower than a month ago (\$3.25), and 25 cents lower than Jan. 22, 2023 (\$3.36). Massachusetts' average gas price is 4 cents higher than the national average.

"Output at more than a dozen domestic refineries was affected by the bitter cold last week, but demand was down as well," said Mark Schieldrop, Senior Spokesperson for AAA Northeast. "All things considered, we might be seeing some of the lowest prices of the year. Historically, pump prices reach their lowest in January and February before domestic refiners pause production for maintenance and the switchover to summer blend fuel as Spring approaches."

AAA Northeast's Jan. 22 survey of fuel prices found the current national average to be one cent higher than last week (\$3.06), averaging \$3.07 a gallon. Monday's national average price is 5 cents lower than a month ago (\$3.12) and is 34 cents lower than this day last year (\$3.41).

New Squantum School Project Team Visits Lynch School Construction Site In Winchester To Assess Modular Classrooms

In support of the Squantum Elementary School building project, a team of Quincy administrators, teachers, and school parents recently toured the Lynch Elementary School construction site in Winchester.

The team's goal was to get a first-hand understanding of modular classrooms as a temporary solution for learning during the Squantum Elementary School project construction period. The new school construction period is still to be determined but is expected to begin sometime in 2025.

Winchester's new Lynch Elementary School is being built on the site of the existing school in collaboration with the Massachusetts School Building Authority (MSBA). For this school year, the entire Lynch school population was relocated to modular classrooms installed on the grounds of another elementary school.

The Quincy group toured the Lynch temporary school site to understand the benefits and challenges of using the modular classrooms during the new school's construction. The tour provided valuable insights into the advantages of modular classrooms in a project like this, including ensuring student and staff comfort through soundproofing and climate control, as well as flexibility in design.

The Quincy team left Winchester with very positive reactions to the experience and proposed modular classrooms:

"The modular [classrooms] exceeded my expectations in terms of being a viable option during the construction phase. They would not only be an upgrade for some of our classrooms and building systems but also a great plan to ensure we can keep all our students and grade levels together during construction. The reactions from teachers and parents were all positive, and the modulars will certainly provide a glimpse of what teaching and learning in modern spaces look like before the new building is completed."

- **Stephen Sylvia, Squantum Elementary School Principal**

"I was very impressed with the layout of the modular classrooms. The size of the rooms provided space for various furniture layouts and setups. The rooms were quiet, well-lit, and very well-ventilated. With its adequate room and storage space, bathrooms, as well as water fountains, the modular building would serve as a comfortable and convenient space for students to learn without disruption while the new school project takes place."

- **Jill Griffith, Squantum Elementary School 1st Grade Teacher**

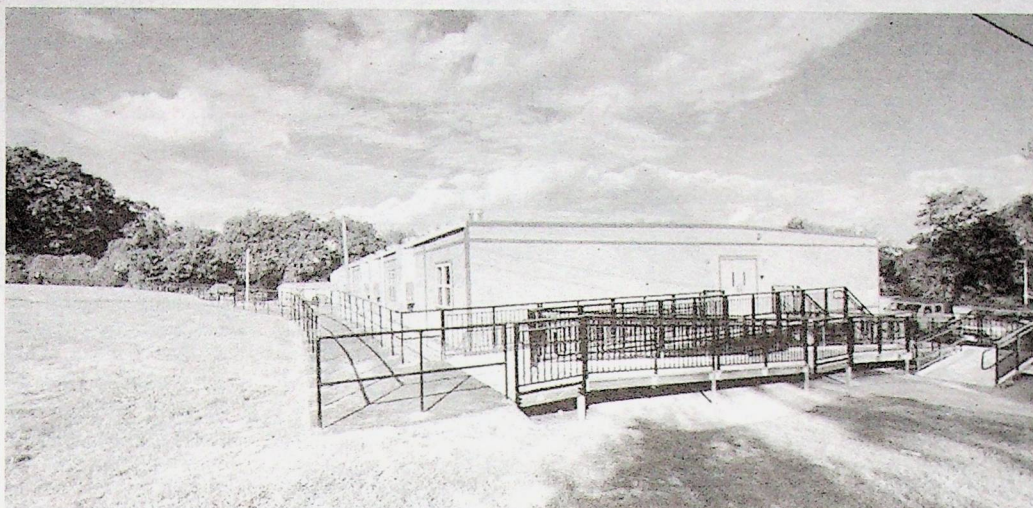
"I was pleasantly surprised to discover that modular classrooms offer a clean, comfortable, and safe learning environment that allows the students to thrive as their new school is being built. The modular classrooms were spacious, bright, and airy, and I believe would encourage an enjoyable learning space for all elementary students."

- **Danielle LaRose, Squantum Elementary School Kindergarten Teacher**

"I think it is safe to say that we were all very impressed. The classrooms and hallways are bright, the bathrooms are spotless, and the modulars have air conditioning (something the teachers were extremely excited about). These are just some of the assets we currently lack in our school. Having had modular classrooms in high school, I can attest that they were beautiful then, and they've only gotten much nicer. I truly believe that modular classrooms will benefit the students in many ways, while also decreasing the construction time for Squantum's new school!"

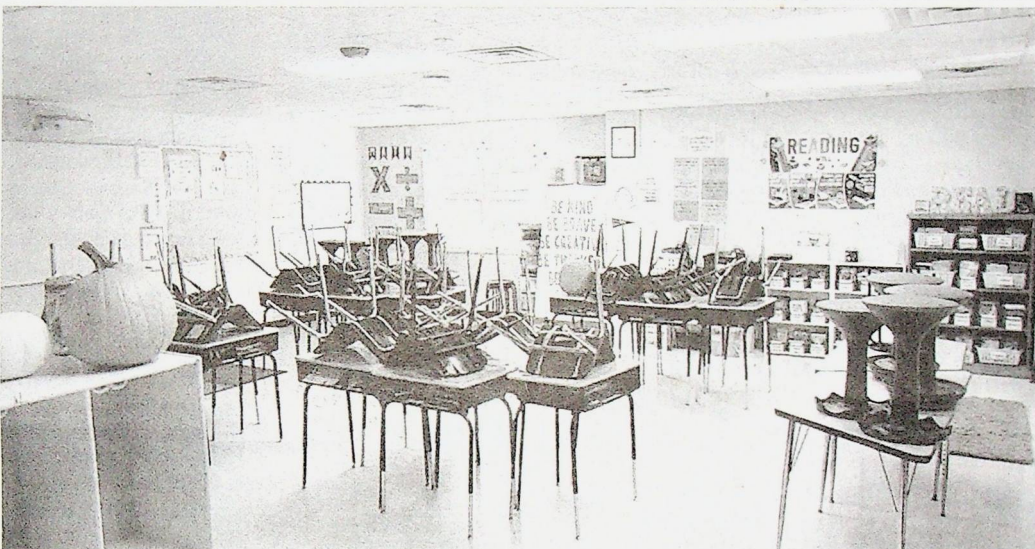
- **Kimberley Wheelwright, Squantum Elementary School parent**

The Squantum School team thanks Winchester Public Schools and the Lynch School construction team for hosting our group as we work to ensure a smooth transition for students and educators during the construction period.



EXTERIOR (above) and interior photos (below) of the Lynch Elementary School construction site in Winchester. In support of the Squantum Elementary School building project, a team of Quincy administrators, teachers, and school parents recently toured the Lynch temporary school. The team's goal was to get a first-hand understanding of modular classrooms as a temporary solution for learning during the Squantum Elementary School project construction period.

Photos courtesy of PCA360 and Arrowstreet Inc.



NeighborWorks Housing Solutions Receives \$30,000 From Wells Fargo Foundation

NeighborWorks Housing Solutions recently received a \$30,000 donation from the Wells Fargo Foundation. The donation will provide flexible resources that NHS can deploy across all programs and dedicate to areas of greatest need.

The Wells Fargo Foundation is one of a few but growing organizations that are recognizing the importance of flexible unrestricted funding for nonprofits. Providing flexible resources

allows organizations to use funding where it is needed most based on the current issues the organization may be facing. These funds will be used to sustain and expand program services and activities for the more than 20,000 households served by NHS, which include real estate development and the creation of more affordable housing for vulnerable populations. However, funds may also be used to provide additional support for households fac-

ing eviction and counseling resources to those facing a housing crisis.

"We have been partnering with NHS for a number of years, and we continue to see the impact of their work in the community," said Terence Floyd, vice president of Philanthropy and Community Impact for New England at Wells Fargo. "Creating spaces for households to thrive in opportunity-rich communities takes the efforts of both

the business and nonprofit community. We know that NeighborWorks Housing Solutions is doing this in all of the gateway communities in southern Massachusetts, and we want to continue to work with them to expand and deepen our collective impact."

The Wells Fargo Foundation provides grants to nonprofit organizations working to strengthen communities with a focus on supporting nonprofits that strategically

align with the Foundation's funding priorities, including housing affordability and financial health. Funding is prioritized to activities and programs that have a broad reach and support the needs of underserved communities and advance racial equity.

"We could not be more grateful to the Wells Fargo Foundation for this generous donation and highly value its commitment to our local communities and its

appreciation of the services NHS provides," said Robert Corley, CEO of NeighborWorks Housing Solutions. "What we are doing in the community is transformative and will have a positive generational impact, but we need the commitment and support from the business community to do this. Wells Fargo has once again stepped up to help and we are thankful to them for this."

Quincy Granite Basketball Coach Doug Scott Earns 100th Win

In 2017, when Doug Scott first took the reins as head coach of the new Quincy College basketball team, his determination to build a successful program was summed up by what he told that initial group of student athletes: Leave a legacy for the ones who come after you.

Now, 100 victories later, that philosophy applies as much to him as it does to the dozens of student athletes he's coached, mentored and helped succeed in life as well as in basketball. Although his own legacy is still being written, his achievements thus far have made a significant, positive impact on the Quincy College program and those fortunate to have played for him. Among his Granite coaching highlights: a regular season National Junior Collegiate Association (NJCAA) regional championship, a number-two NJCAA national ranking, a 20-game winning streak, perennial post-season tournament berths and a dozen program alumni who've gone on to play at four-year NCAA and NAIA schools.



DOUG SCOTT, coach of the Quincy College Granite men's basketball team, reached a milestone winning his 100th game Jan. 18 in a 94-48 win over Holyoke Community College Jan. 19. Scott will be honored during a brief ceremony prior to the 1 p.m. game against Community College of Rhode Island on Saturday, Jan. 27, at Eastern Nazarene College; admission is free.

Scott reached the 100-win plateau on Jan. 18 when the visiting Granite defeated

Holyoke Community College, 94-48. He'll be honored during a brief ceremony

ny prior to the 1 p.m. game against Community College of Rhode Island on Saturday, Jan. 27, at Eastern Nazarene College; admission is free.

For those who may not be familiar, Doug Scott's playing career was an appropriate precursor to his subsequent success as a coach. At Quincy High School, he was a four-year starter, led the Presidents to two Patriot League titles and holds the record as the city's all-time leading scorer (1,555 points). Then, at Massasoit Community College, Scott earned NJCAA Division 2 first-team All-New England Honors. He returned to Quincy High to begin his coaching career as an assistant, and later became a coach with Leo Papile's legendary Boston Amateur Basketball Club (BABC). When Quincy College was preparing to launch a basketball program, Scott was a natural fit.

"Doug was the perfect choice to lead our program," said Jack Raymer, Director of Athletics at Quincy College and himself a native son of the city. "He's a local guy, knows the game so well

and is a great talent evaluator and motivator. The success we've enjoyed since he's been here in recruiting quality student athletes to the College and coaching them to perform at a high level speaks for itself."

From the outset, Scott impresses upon his student athletes that academics come first: without success in the classroom, there will be no basketball. His players embrace that mantra because they know about the Quincy College basketball alumni who were well-prepared to successfully jump from Scott's teams to further their education at four-year colleges; a handful have even advanced to play pro ball internationally. For those student athletes with the desire, ability and grades to continue their college careers, Scott and his well-connected staff work tirelessly throughout the season to identify opportunities to make that happen.

"Coach Scott and all the coaches did an amazing job making sure we did what we needed to do to get good grades," said one of those alumni, Derek Williams, who's now in the middle

of his first year as a student athlete pursuing a Bachelor's degree in exercise science at Waldorf College in Iowa. "They all cared about us on the court and really wanted us to succeed in the classroom as well."

Scott's love for the game extends beyond his responsibilities coaching the Granite. He remains active with the BABC, coaches his daughter's grade-school team, and serves as director of summer leadership camps for the Bo Foundation, an organization providing activities and education for kids entering seventh, eighth and ninth grades.

"He's one of the best coaches in the region when it comes to providing a foundation of education and using basketball as a path to scholarship-level schools," says Kenny Nguyen, one of Scott's assistants. "What he continues to accomplish goes beyond the wins and losses; it highlights his commitment to leaving a lasting impact on the basketball community and inspiring student athletes to strive for success both on and off the court."

QNQ Ski Team Faces Frigid Temps At First Race

The Varsity Quincy/North Quincy Alpine Race Team competed in the first race of the 2023-2024 season on Jan. 20th at Ragged Mountain.

This was a Ski East League race. The Ski East League is comprised of 10 member schools and over 300 racers. Student athletes participated in two Giant Slalom runs in frigid conditions.

Standout senior captain Avery Abrahamovich finished strong in both runs, and placed 8th overall for girls on the day. Sophomore Thea Bandzak had two suc-

cessful runs and placed in 34th, a career best for her.

On the boy's team, freshman Sam Abrahamovich finished in 33rd place and senior captain Lito Breslin, who improves every race, finished in 57th place.

Freshmen Henry Gates, Eamon Pint and KK Manning competed in their first ever race. "Alpine ski racing is a very difficult sport," said Coach Erik Abrahamovich. "Everyone is watching you and you need to overcome fear to perform. I am very impressed with the way these three freshmen

raced today."

The QNQ roster consists of 17 racers from both Quincy High School and North Quincy High School. The team includes senior captains Avery Abrahamovich, Lito Breslin, Faye Fitzpatrick, Lucy McLaughlin, Nina Smith and Junior Max Gaudiano as well as Samuel Abrahamovich, Tristan Andre, Thea Bandzak, Jacquelyn Ferrara, Meah Fitzpatrick, Henry Gates, Katherine Manning, Molly McLaughlin, Niamh O'Neill, Eamon Pint, Brooklyn Geary and Sophia Johnston.



MEMBERS OF THE Quincy-North Quincy ski team include KK Manning, Thea Bandzak and Avery Abrahamovich.

January 20th, 2024
Place Girls Racer RUN 1 RUN 2 Combo

8	Avery	Abrahamovich	40.38	38.86	1:19.24
34	Thea	Bandzak	46.28	44.92	1:31:20
68	Katherine	Manning	59.47	54.07	1:53:54

Place	Boys Racer		RUN 1	RUN 2	Combo
33	Sam	Abrahamovich	42.67	42.16	1:24.83
55	Manuel	Breslin	51.59	50.43	1:42.02
57	Henry	Gates	55.01	52.44	1:47.45
59	Eamon	Pint	01:09.2	01:01.9	2:11.09

5 Residents On MassBay College Dean's List

Five Quincy students have been named to the Dean's List for the fall semester at MassBay Community College in Wellesley

Hills. They are: Ethan Law, Advanced Cyber Security; Liudmyla Ivanova, General Studies;

Bella Delprete, General Studies; Heather Florance, General Studies; and Anastasiia Tokarenko.

3rd Annual Chili/Chowder Cookoff To Benefit Laundry Love Mission

Quincy Point Congregational Church, 444 Washington St., Quincy, invites the public to its 10 a.m. worship service Sunday, Jan. 28 - the fourth Sunday after Epiphany.

The church is accessible to all with an elevator on the Abbey Road side of the church and an "all access" restroom. The weekly worship is live streamed at 10 a.m. each Sunday or you can see past services anytime on the church YouTube, Vimeo, Facebook pages or on the church website:

www.quincypointcong.org. Weekly worship is also rebroadcast on QATV channel 8 on Sundays at 11:30 a.m. and Wednesdays at 6 p.m.

This Sunday, Jan. 28 is the Third Annual Chili/Chowder Cook-off following the 10 a.m. worship in the downstairs Social Hall. If you would like to enter the competition, reserve a space at the table by contacting the church office at office@quincypointcong.org by Friday at noon. All are welcome to come sample and vote on the best chili

or chowder. Any excess fare will be available to take home.

A "free will" offering is requested for the Laundry Love Mission. This mission takes place the last Wednesday of every month at the Wash-N-Dry, 236 Washington St. from 6 to 8 p.m. Free Laundry is provided during this time. A representative from the church is on site to facilitate payment. Please inform someone you know who has a need, because everyone deserves clean clothes.



PATRICE BROWN, of Quincy, tried her luck at the Plinko game at Interfaith Social Services' Dec. 8 Feed the Hungry Gala at Granite Links. Gala guests had the opportunity to play games and win prizes valued up to \$500 at the annual fundraising event.

Photos Courtesy Matt Teuten Photography



GUESTS OF Feed the Hungry Gala Presenter Sponsor Arbella Insurance Foundation raised their paddles during the fundraising program at Interfaith Social Services' signature event on Dec. 8 at Granite Links. Generous individuals and businesses raised more than \$395,000 for Interfaith's emergency food, mental health and homelessness prevention programs.

Feed The Hungry Gala Raises \$395K For Interfaith Social Services

More than 350 of Interfaith Social Services' supporters gathered to "party with a purpose" at the organization's recent Feed the Hungry Gala. Held Dec. 8, 2023, at Granite Links, the event raised more than \$395,000 for Interfaith's programs.

Interfaith Social Services operates one of Greater Boston's largest emergency food pantries, a mental health counseling center, Thrift Shop and homelessness prevention program. Since 1947, Interfaith Social Services has been a safety net for thousands of children and families from the South Shore who are struggling to make ends meet. Fundraising at the annual Feed the Hungry Gala accounts for a significant percentage of Interfaith's budget.

"The funding and support generated by this event is incredibly important to our organization, but especially this year," said Rick Doane, Executive Director of Interfaith Social Services.

Doane said the organization is serving more people now than at any other period in the 75+ years they have been assisting South Shore families in need. The food pantry saw a 30% increase in demand for services in 2023.

"We're seeing significantly more clients," said Doane. "More even than at the height of the pandemic."



LORI EARL, right, of Quincy, checked to see what prize she won after playing games at Interfaith Social Services' Dec. 8 Feed the Hungry Gala at Granite Links. Gala guests had the opportunity to play games and win prizes valued up to \$500 at the annual fundraising event.

This has all resulted in substantial increases in expenses to purchase food and basic hygiene supplies for our clients. We are so grateful to all the businesses who support Interfaith's programs and to all of our Gala guests who demonstrate what a compassionate community of supporters can accomplish."

Feed the Hungry Gala guests enjoyed an evening of food and beverage samples, games, a silent auction and live music. Restaurants attending included Abby Park, Alma Nove, Granite Links, JP Fuji Group, Liberty Tavern, Local 02045, Miam Miam, Novara, Ocean Seafood International, Pearl & Lime, The Range and Weathervane. Beverage samples were provided by Article XV Brewing, Barrel House Z, Vitamin Sea Brewing, Widowmaker Brewing, Bin Ends Wine and a special Winter Wonderland cocktail from Liberty Tavern. Purefections Chocolate provided chocolate peppermint Oreos for guests to take home.

Attendees played carnival-style games as they attempted to win an assortment of prizes donated by generous local businesses.

All Interfaith's supporters were welcome to participate in the online silent auction, which offered packages such as a California wine country vacation, a hockey stick signed by the 2022/23 Bruins team, tickets to see the Savannah Bananas play at Fenway, Boston sports tickets and a stay at the Boston Four Seasons. The South Shore's Belted Galloways provided live music for the event.

The Feed the Hungry Gala is sponsored by many generous individuals and businesses, including Presenter Level Sponsors Arbella Insurance Foundation and Summit Energy, Champion Level Sponsor Walmart, and Hero Level Sponsors Colonial Federal Savings Bank, Emergent BioSolutions, The Heritage Companies, Plymouth Quarries, Quincy Mutual Group, and Signet Electronic Systems, Inc.

Save the date now for Interfaith's 2024 Gala, to be held on Friday, Dec. 6 at Granite Links.

To find out more about Interfaith's programs, visit InterfaithSocialServices.org.



INTERFAITH SOCIAL SERVICES' Executive Director Rick Doane, left, addresses the audience at Interfaith's Dec. 8 Feed the Hungry Gala at Granite Links. Generous individuals and businesses raised more than \$395,000 for Interfaith's emergency food, mental health and homelessness prevention programs.



GALA GUESTS VISIT the raw bar, featuring oysters from Ocean Seafood International, at Interfaith Social Services' Dec. 8 Feed the Hungry Gala. Attendees sampled food and beverages from more than a dozen local restaurants and breweries at the organization's annual fundraising event.



THE BELTED GALLOWAYS, out of Hull, provided live entertainment for Interfaith Social Services' Dec. 8 Feed the Hungry Gala at Granite Links. Generous individuals and businesses raised more than \$395,000 for Interfaith's programs at the event.

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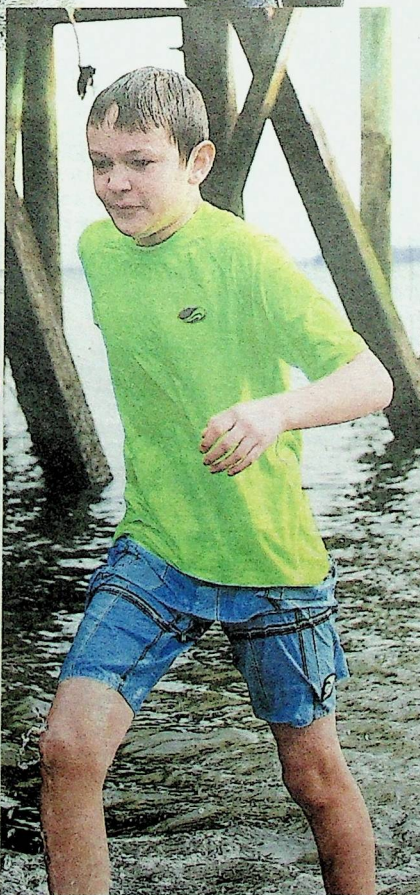
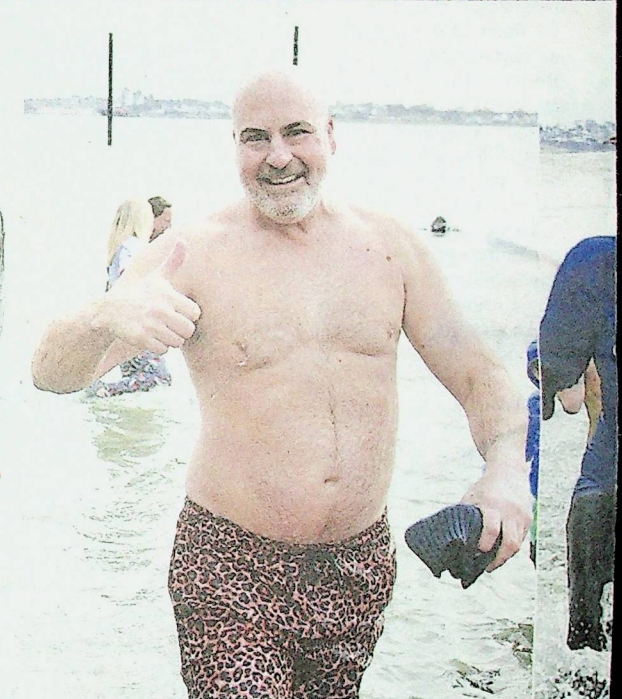
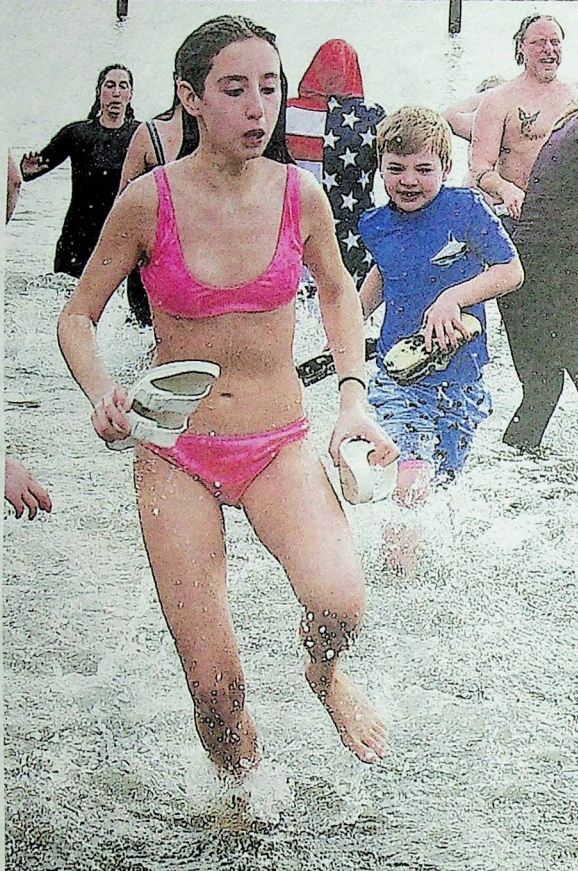
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Quincy Sun Photos/
Robert Bosworth



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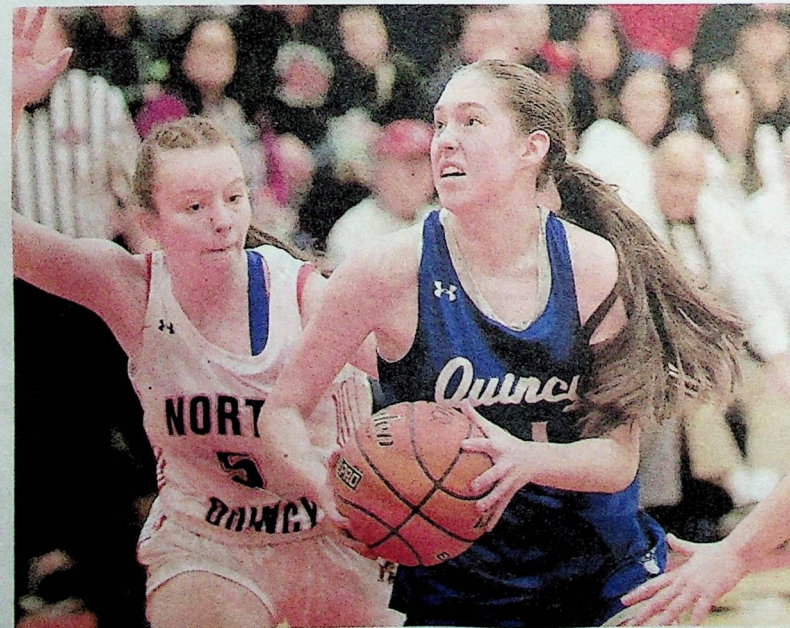
Quincy Girls, North Quincy Boys Basketball Winners



QUINCY'S ALYSSA HOPPS hits a three-pointer with no time left on the clock to lift the Presidents to a 50-48 thrilling victory over the North Quincy Raiders in the first game of a basketball doubleheader at NQHS Jan. 19. Defending for North Quincy are Mary Saccoach (#4) and Maeve Powers (#21). Hopps scored 12 points for the Presidents as Quincy improved to 9-3. North Quincy dropped to 6-5. Story on Page 21. Quincy Sun Photos/Larry Carchedi



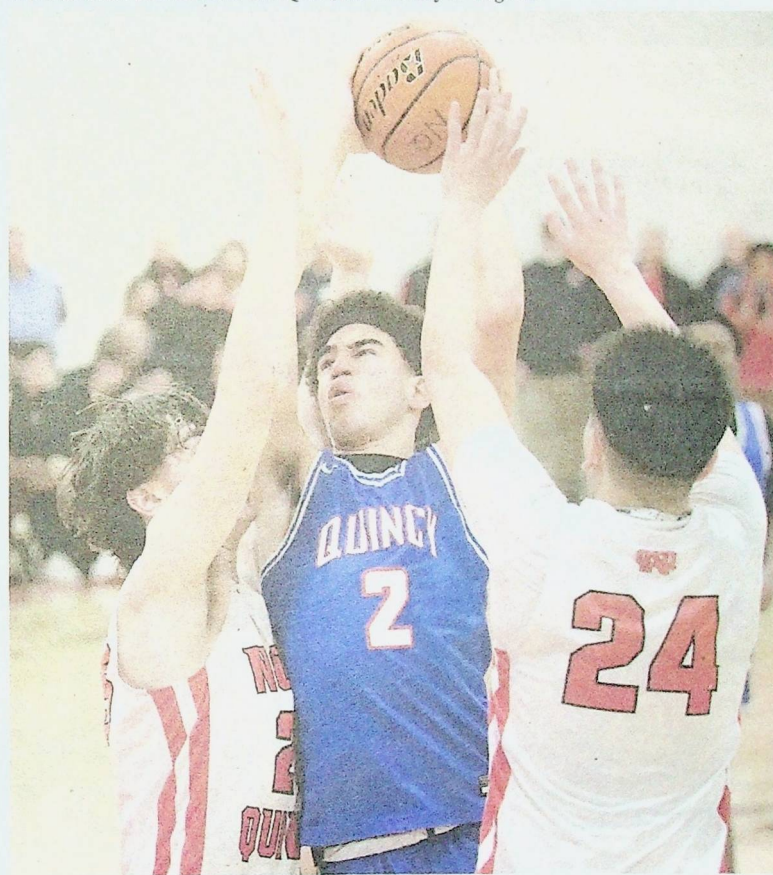
NORTH QUINCY captain Ava Bryan splits the defense - Quincy's Rory Kennedy (left) and Alyssa Hopps (right) for a jump shot in the first half. Bryan led all scorers with 20 points for the Raiders.



QUINCY'S Paige Mann scored 10 points in the Presidents' 50-48 win over North Quincy Jan. 19. Defending for North Quincy is Maeghan Smith.



NORTH QUINCY'S Kobe Nguyen drives past Quincy's Nevan Arguedas-McClay for two of his game-high 30 points. The Raiders (3-7) defeated the Presidents (2-10) 71-65 in the second game of a basketball doubleheader at NQHS Jan. 19. Story on Page 22.



QUINCY'S Manny Aguayo splits North Quincy defenders Charlie Baker and Kobe Nguyen. Aguayo scored 19 for the Presidents against the Raiders Jan. 19.



QUINCY'S Shawn Perry (left) guards North Quincy's Aiden Burris. The Raiders defeated the Presidents 71-65 Jan. 19 at NQHS. Quincy Sun Photos/Larry Carchedi

Quincy Tops North Quincy On Hopps' Buzzer-Beater

By TOM JOYCE

It was almost a comeback for the North Quincy High girls' basketball team last Friday night.

Instead, their in-city rival, the Quincy Presidents, ended up being the team that made the comeback.

Trailing by 10 points late in the third quarter, the Raiders led with under one second left in the game. However, Alyssa Hopps (11 points) sank a buzzer-beating, game-winning three-pointer to propel the Presidents to victory, 50-48.

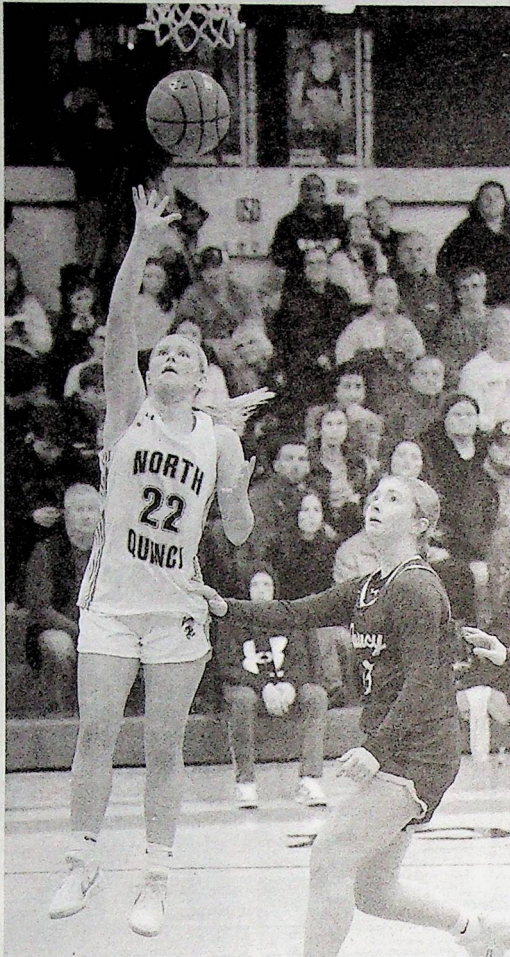
With the win, the Presidents improved to 9-3 on the season. With the loss, the Raiders fell to 6-5.

After ending the third quarter on a 5-0 run, the Raiders entered the fourth frame trailing by five points, 38-33.

The team clawed away at this deficit as Autumn O'Campos tied the game at 39 apiece with a layup with 5:42 remaining. This came after another basket she hit earlier in the quarter, plus a layup from Maeve Powers for the Raiders and a free throw from Frankie Diaz for the Presidents.

After that, the Presidents had a 5-0 run, putting them up 44-39 with 2:57 remaining. Niamh Gendron hit a three-pointer, and Paige Mann sank two free throws, giving the team the edge. It was a lead that wouldn't last.

Baskets from Molly Toland and Aya Bryan (20 points), who nabbed an offensive rebound, brought the Raiders within a point. Rory Kennedy hit a three-pointer with 1:30 remaining for the Presidents, extending their lead to four points. However, thanks to a 5-0 run, the Raiders finally took the lead. Following the Presidents' three, Toland



NORTH QUINCY'S Molly Toland scores two of her 11 points against the Quincy Presidents.

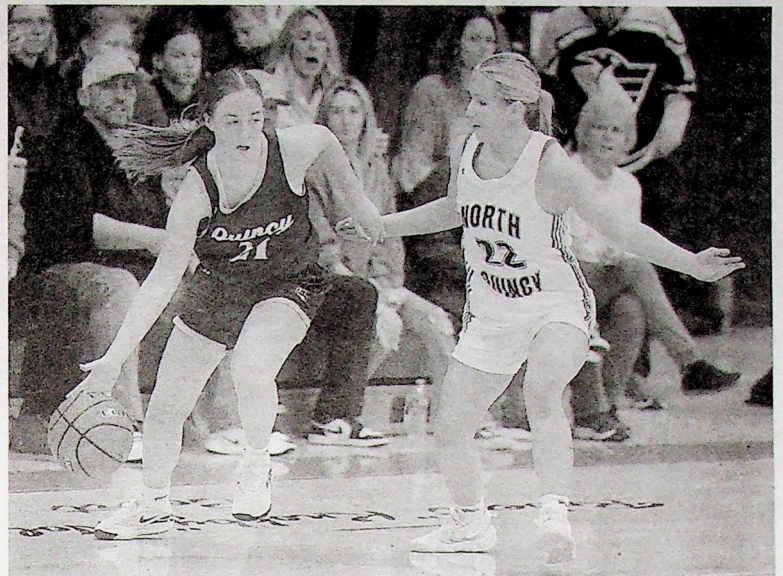
made one for the Raiders 20 seconds later. And with 37.9 seconds remaining, O'Campos made two free throws after intercepting a Presidents pass. Her free throws gave the Raiders a 48-47 lead.

About 10 seconds later, tough defense from Hopps forced the Raiders out of bounds in Presidents territory. When the Presidents got the ball back, they missed their shot, and the Raiders rebounded the ball. After intentionally fouling their opponents a few times, the Presidents eventually sent a Raiders player to the line; the player missed both

free throw attempts, but the Raiders got the rebound -- and the Presidents fouled them again. This time, with 6.3 seconds left, the Raiders player also missed both free throws.

Hopps capitalized this time. She grabbed the rebound, sprinted down the court, and put up a buzzer-beating three-pointer. The Presidents trailed 48-47 before she took the shot but finished the game up 50-48 thanks to it.

The first half of the game was competitive, though the Presidents outscored their opponent in both the first and second quarter before



QUINCY'S Rory Kennedy is guarded closely by North Quincy's Molly Toland. Kennedy scored six points in the Presidents' 50-48 win over the Raiders Jan. 19. Quincy Sun Photos/Larry Carchedi

being outscored in the second half by their opponent. The Presidents led 25-19 at halftime. With under a minute remaining in the first half, the Raiders trailed by 10 points, 25-19, but a basket from Powers and two free throws from Bryan trimmed that deficit.

The third quarter was a high-scoring affair where, once again, the Presidents extended their lead to as high as 10 points. Diaz hit a jump shot with about 2:20 left, giving the Presidents a 38-28 advantage. However, a three-pointer and two free throws from Bryan for the Raiders late in the third quarter cut the Presidents' lead in half.

The Raiders have some experience on their side this season, with eight seniors on the roster. The team this year includes: senior guard Mary Saccoach, sophomore guard Maeghan Smith,

senior guard Emma Cramond, senior forward Jillian Jaehnig, senior forward/center and captain Autumn O'Campos, junior guard Iris Gjoka, senior guard/forward and captain Ava Bryan, sophomore guard Ella Lynch, freshman guard Maeve Powers, senior guard Molly Toland, freshman guard Nora Geary, sophomore guard Harper Mergel, senior forward Grace Pickering, and senior forward/center Caroline O'Donnell. Liana Cunningham is the team's head coach.

The Presidents have a young team this season, with just one senior. The roster for the Presidents this season includes: junior guard Ella Roche, freshman guard Frankie Diaz, sophomore guard Taylor Mann, freshman guard Rory Kennedy, junior forward Kyrie Blue, freshman guard Evie Catrambone, junior guard

Lilliana Catrambone, junior forward and captain Niamh Gendron, senior guard and captain Paige Mann, junior forward and captain Alyssa Hopps, and junior guard Jayden Treannie. Sarah Conlon is the team's head coach.

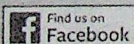
The next game for the Presidents will take place this Friday, Jan. 26, at home against the Plymouth South Panthers (6:30 p.m. start time). And the next game for the Raiders will be played at home against Hanover on Friday, Jan. 26 (6:30 p.m. start time).

Additionally, the two Quincy teams will play each other again in the first game of a basketball doubleheader Friday, Feb. 9 at Quincy High School. The two girls teams will play at 5:30 p.m. followed by the Quincy and North Quincy boys' teams at 7 p.m.



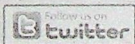
NORTH QUINCY'S Autumn O'Campos scored eight points against the Quincy Presidents Jan. 19.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

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Public Access Channel 8

Thursday, January 25
6:00pm: Bethany Congregational Church
8:00pm: NQHS vs. QHS Girls Basketball 1/19

Friday, January 26
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, January 27
1:00pm: NQHS vs. QHS Girls Basketball 1/19
2:30pm: NQHS vs. QHS Boys Basketball 1/19

Sunday, January 28
11:30am: Quincy Point Church Good News
1:00pm: The Call

Monday, January 29
11:30am: LIVE: Currently in Quincy
7:00pm: Atlantic Middle School Winter Concert

Tuesday, January 30
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, January 31
6:00pm: Quincy Point Church Good News
7:00pm: The Call

Government Access Channel 9

Thursday, January 25
4:00pm: Board of License Commissioners 1/23
5:00pm: Zoning Board of Appeals 1/23

Friday, January 26
10:30am: Health Links: Aging Strong

Saturday/Sunday, January 27/28
12:00pm: City Council 1/22
1:00pm: Planning Board Meeting 1/17
4:00pm: Board of License Commissioners 1/23
5:00pm: Zoning Board of Appeals 1/23
7:00pm: City Council 1/22

Monday, January 29
1:30pm: TCPL Presents: Heat Pumps
3:00pm: At the Library Concert: Lisa Yves & Friends
9:00pm: TCPL Events Calendar: Golden Lane
9:15pm: Home Sweet Healthy Homes Podcast

Tuesday, January 30
4:00pm: Board of License Commissioners 1/23
6:00pm: Zoning Board of Appeals 1/23

Wednesday, January 31
10:30am: Health Links: Aging Strong
6:00pm: In the Know: Norfolk County Sheriff

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Nguyen (30 Points) Leads NQ To 71-65 Win Over Quincy

By TOM JOYCE

When two players on the same team score a combined 50 points, the chances of that team winning are pretty good.

That's what happened for the North Quincy High boys' basketball team last Friday night.

The Raiders' offense was sharp, as was that of their in-city rival, the Quincy Presidents. However, strong performances from Kobe Nguyen (30 points) and Hunter Wood (20 points) helped make the difference for the Raiders in their 71-65 home win over the Presidents. With the win, the Raiders improved to 3-7 on the season; with the loss, the Presidents fell to 2-10.

The first quarter was highly competitive, though the Raiders took the lead in the final minute of it. The Presidents trailed 10-6 with 4:18 remaining following a 5-0 run from the Raiders capped off by a wide-open basket from Will Conley following a steal by Nguyen.

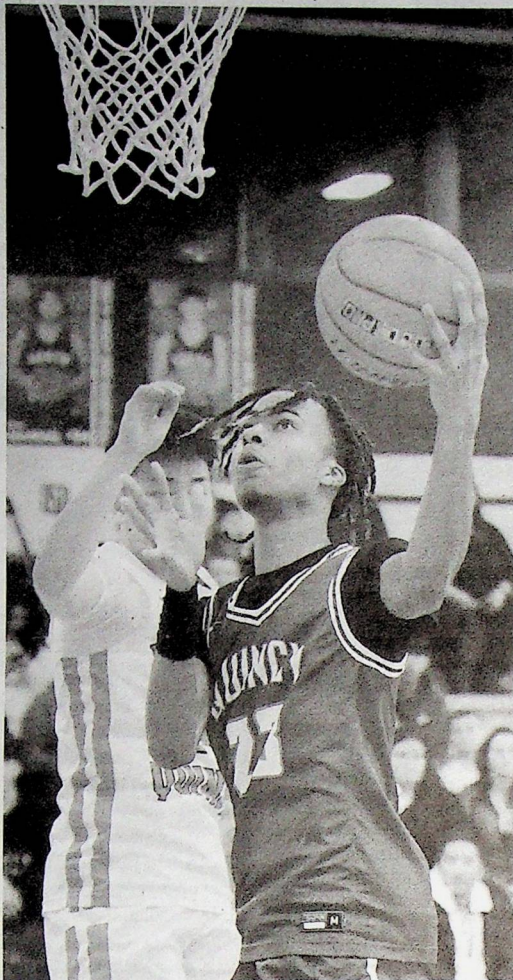
However, the Presidents kept battling. A 6-1 run gave the Presidents a 12-11 advantage, as Danny Adams (26 points), Manny Aguayo (23 points), and Jerry Dessalines all hit layups for the team; Dessalines got his bucket after grabbing an offensive rebound. In the final minute of the quarter, however, Nguyen had a basket and two free throws for the Raiders, giving his team the edge.

As the second quarter progressed, the Raiders expanded their lead to as many as eight points. However, the Presidents ended up outscoring them in the frame and made it a one-point game, 30-29, going into halftime.

Three-pointers from Nguyen and Wood helped the Raiders pull ahead; Wood's three-pointer with under two minutes left in the quarter gave the Raiders a 29-21 edge.

Aguayo helped the Presidents close the gap with a three-point play, a layup followed by a free throw, 11 seconds after Wood's three-pointer. He then had a layup off the glass with about a minute left. And Dessalines hit a layup in the final seconds of the half, making it a one-point game.

After a tight first half, the Raiders were dominant in the third quarter. They outscored their opponent by 18 points and, at times, held a



QUINCY'S Jerry Dessalines drives to the hoop against North's Kobe Nguyen. Dessalines scored seven points for the Presidents.

Quincy Sun Photos/Larry Carchedi

20-point lead in the quarter.

The team's offense exploded for 28 points while holding the Presidents to just 10. The Raiders were sharp even early in the third quarter; Baker and Conley had baskets in the first two minutes, and Nguyen hit two free throws before the Presidents scored their first points. The team continued building its lead as the quarter progressed. Wood hit three consecutive free throws with 2:57 remaining in the quarter, giving the Raiders a 50-34 edge. Shortly after, Baker scored on a fastbreak layup, and two free throws from Nguyen gave the Raiders a 20-point lead.

The deficit was too large for the President to overcome in the fourth quarter, though they continued playing hard and erased most of it. Their offense put up 25 points, hitting five three-pointers in the final eight minutes; Adams had three of those treys, and Aguayo hit one with 1:52 remaining that made it a single-digit game, 65-57. Ultimately, the Raiders enjoyed success at the free throw line later in the game when the Presidents committed intentional fouls, helping them protect

their lead.

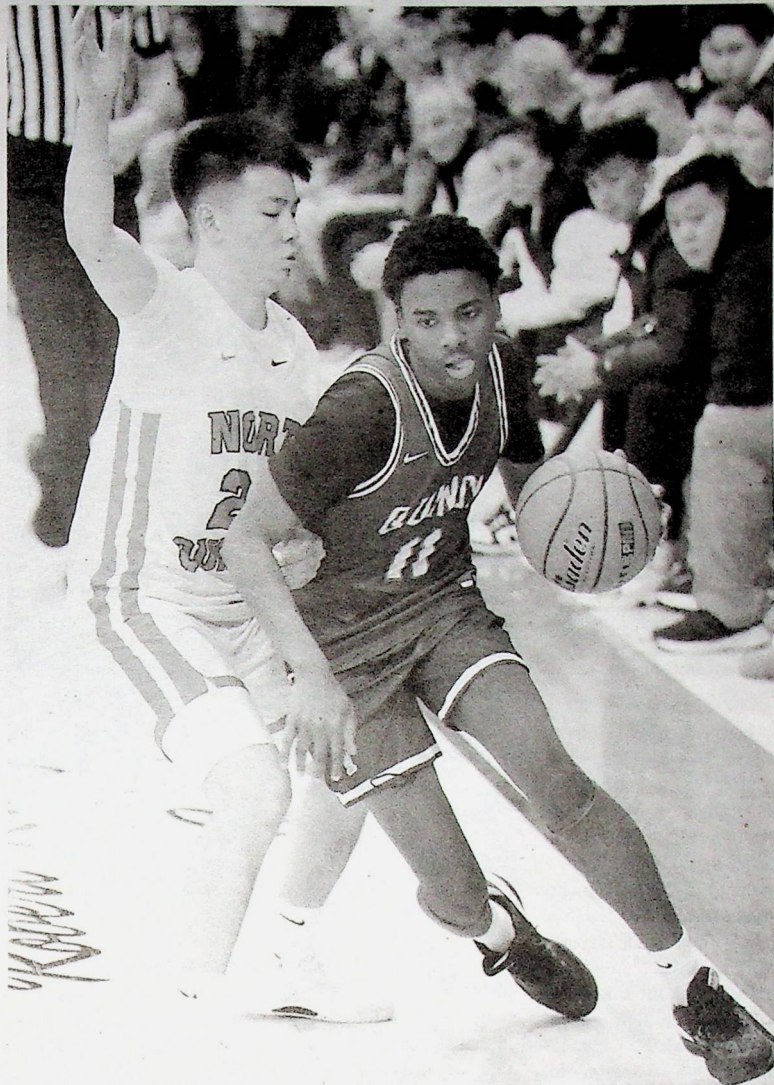
The matchup was the first of two Quincy-North Quincy games this season. The second will take place on Friday, Feb. 9, at Quincy High School (7 p.m. start time).

The Raiders are on the older side this season, with eight seniors on the team.

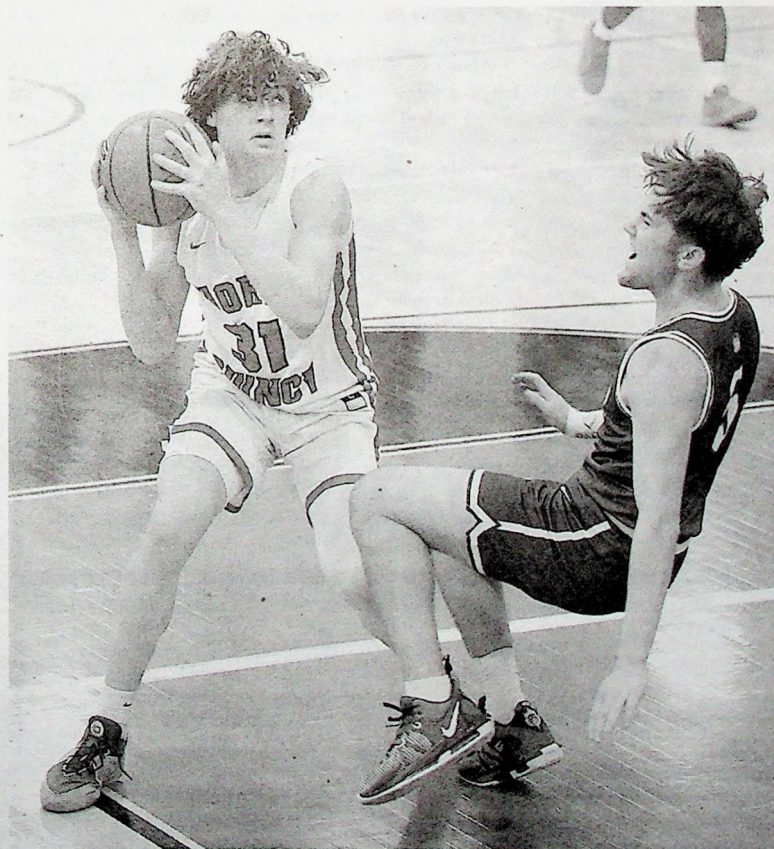
The roster for the Raiders includes: sophomore guard Danny Wilton, junior guard Devin Tran, junior guard Marques Rodrigues-Smith, sophomore guard Aiden Burris, junior guard AJ Arrazola, senior forward Enhead Panariti, senior guard Jackson Medeiros, senior captain and guard Will Conley, senior guard Ben Hudach, senior guard Nate Sampson, junior captain and guard Kobe Nguyen, senior forward/center Charlie Baker, freshman guard/forward Hunter Wood, sophomore forward John Gnaku, senior forward Ray Marcial, and senior guard Dan Hudach. Kevin Barrett is the team's head coach.

And the Presidents are on the older side this season, with eight seniors on the team.

The roster for the Presidents includes: senior guard Jesus Vega Ramos, senior captain and guard Manny Aguayo, senior guard Oscar Castro, senior captain and forward Luke Mordas, sophomore forward Malcolm McMorro, senior captain and guard Danny Adams,



QUINCY'S Danny Adams drives past North's Kobe Nguyen. Adams scored a team-high 26 points against the Raiders.



NORTH QUINCY'S Hunter Wood eyes a basket as Quincy's Luke Mordas defends. Wood scored 20 points in the Raiders' 71-65 win over the Presidents Jan. 19 at NQHS. The two teams will play again Friday, Feb. 9 at 7 p.m. at Quincy High School.

senior forward Chris Brady, sophomore guard Shawn Perry, junior guard Kvon Becker, sophomore guard Leo Baez, junior guard Anthony Raines-Colon, senior forward Jerry Dessalines, junior guard Alijah Souza,

sophomore guard Nevan Arguedas-McClay, senior center Mohammed Tarjali, junior center Ali Goutay, and sophomore guard Sean Conroy. The team's head coach is Matt Ramponi.

The next game for the

Presidents will be played on Friday, Jan. 26, on the road against the Plymouth South Panthers (6:30 p.m. start time). The next game for the Raiders will take place on Friday, Jan. 26, on the road against the Hanover Hawks (6:30 p.m. start time).

Sarah Leng On University Of Bridgeport President's List

Sarah Leng of Quincy has been named to the President's List for the fall se-

mester at the University of Bridgeport in Connecticut.

Quincy-North Quincy High School Winter Track Recent Results

QNQ vs Pembroke 1/18/2024 @ REGGIE LEWIS CENTER						
First	Last	Gen	Event	Perf	Score	Comment
Julia	Zynda	F	55	8.72		PR
Piper	Henderson	F	55	8.99		SR
Kathy	Duong	F	55	9.06		
Livia	Fantin	F	55	9.10		
Mikilah	Aubrey	F	55	9.24		
Mia	Tratzinski	F	55	9.38		SR
Lakshiga	Periyasamy	F	55	9.39		
Anna	Kuang	F	55	9.72		PR
Gullana	Wilkinson	F	55	9.80		
Bassma	Torky	F	55	10.01		
Christine (Yan)	Lin	F	55	10.05		
Maggie	Potts	F	55	10.09		
Dua	Rafaqat	F	55	10.43		PR
Sofija	Slezas	F	300	44.46	2	SR
Mary	McNally	F	300	55.89		PR
Lakshiga	Periyasamy	F	399	57.72		
Maddy	McGillicuddy	F	600	1:41.03	1	
Amelija	Slezas	F	600	1:54.38		
Hannah	Moriarty	F	600	1:56.02		
Sophie	Hagstrom	F	600	2:27.35		PR
Aluna	Coogan-Coyne	F	1000	3:02.30	1	PR League Best
Zoe	Nelson	F	1000	3:40.11	3	
Sophia	Edwards	F	HH	10.13	2	
Julia	Zynda	F	HH	10.93	3	PR
Eliza	Henry	F	HH	11.07		
Amy	Tan	F	HH	11.23		
Gullana	Wilkinson	F	HH	13.76		
Sophia	Edwards	F	HJ	4'00"		
Kathy	Duong	F	LJ	11'11.25"		
Eliza	Henry	F	LJ	13'05.5"		
Sophia	Edwards	F	LJ	15'05.25"	3	PR
Salma	Bouykhtam	F	Mile	5:19.98	1	SR
Grace	Cody	F	Mile	6:21.07	2	
Charlotte	McConville	F	Mile	6:38.94		PR
Mikilah	Aubrey	F	SP	21'11.5"		
Brooklyn	Rizzo	F	SP	26'08"		SR
Bassma	Torky	F	SP	27'02.75"		
Grace	McGough	F	SP	28'07"	2	
Paige	Gripl	F	SPJV	16'05"		
Anushka	Raj	F	SPJV	21'02"		
Christine (Yan)	Lin	F	SPJV	22'00.75"		PR
Nora	Ganno	F	SPJV	22'09.25"		PR
Caroline	Zuffante	F	Two Miles	13:40.36	2	PR
Grace	Cody	F	Two Miles	13:59.70	3	PR
Mamdou	Diallo	M	55	7.00		PR
Leo	Steinberg	M	55	7.00	3	
Gavin	Brown	M	55	7.40		PR
Jordan	Leathers	M	55	7.57		
Adrian	Pena	M	55	7.60		
Nate	Sampson	M	55	7.64		PR
Jonas	Ala	M	55	7.65		
William	Lanergan	M	55	7.74		
Blake	Nelson	M	55	7.83		
Vincent	Lin	M	55	8.06		PR
Alex	Zhao	M	55	8.21		
Daniel	Setow	M	55	8.49		
Alex	Schaareman	M	55	8.65		PR
Miguel	Lemay	M	55	8.99		
LanJun	Lin	M	55	9.21		
Albert	Dong	M	55	10.09		
Jayden	Francois	M	300	39.34	3	
Mamadou	Diallo	M	300	39.84		PR
Quadir	Essex	M	300	44.58		PR
Vincent	Lin	M	300	45.05		
Miguel	Lemay	M	300	53.72		PR
LanJun	Lin	M	300	58.82		
Jayden	Anderson	M	600	1:35.07		
Jayden	Zhong	M	600	1:52.81		
Derek	Zhu	M	600	1:59.13		
Carter	Bishop	M	1000	3:13.06	3	PR
Warrick	Quon	M	1000	3:27.94		PR
Andrew	Perkins	M	1000	3:40.50		
Jakub	Wilson	M	1000	3:42.12		PR
Darwin	Dao	M	1000	3:42.56		PR
Arpon	Chowdhury	M	1000	3:43.12		PR
CJ	Xu	M	600JV	1:58.85		PR
Jayden	Francois	M	HH	8.05	2	
Nathan	Allen	M	HH	9.53		
Adrian	Pena	M	HH	10.88		
Darryl	Wright	M	HH	10.99		PR
Jordan	Leathers	M	HH	11.10		PR
Jonathan	Cole	M	HH	11.78		PR
Nathan	Allen	M	HJ	5'02"	1	
Nate	Sampson	M	HJ	5'02"	2	PR
Leo	Steinberg	M	LJ	18'09.5"	2	PR
Jayden	Francois	M	LJ	19'11"	1	PR
Kyle	Clements	M	Mile	5:03.07	1	SR
Tyler	Sharkey	M	Mile	5:51.45		PR
Tedsen	Pierre	M	SP	30'04.5"		
William	Lanergan	M	SP	36'07"	3	PR
Wellington	Ortiz	M	SPJV	23'09"		PR

SCORES: Girls Pembroke 61 QNQ 39, Boys Pembroke 70 QNQ 29 SR = season best, PR = personal best



QUINCY-NORTH QUINCY Girls Sprint Medley relay team qualified for nationals with a second place finish (time 4:17.32) at the MSTCA Div. 2 Relays Jan. 21 at the Reggie Lewis Center. From left to right are relay team members Salma Boukhtam, Aluna Coogan Coyne, Sofija Slezas and Maddy McGillicuddy.

Courtesy Photo

MSTCA D2 RELAYS 1/21/2024 REGGIE LEWIS CENTER								
Gender	Event	Leg1	Leg2	Leg3	Leg4	Performance	Place	Comments
M	Shuttle Hurdles	Jayden Francois	Adrian Pena	Nate Allen	Jordan Leathers	29.31	12/19	
M	Shuttle Dash A	Leo Steinberg	Jordan Leathers	Adrian Pena	Jonas Ala	23.51	19/36	
M	Shuttle Dash B	Will Lanergan	Gavin Brown	Nate Sampson	Nate Allen	24.36	24/36	
M	4 x 200m A	Jayden Francois	Leo Steinberg	Nate Sampson	Jonas Ala	1:45.60	28/34	
M	4 x 200m B	Will Lanergan	Adrian Pena	Gavin Brown	Darryl Wright	1:46.39	32/34	
M	Long Jump	Jayden Francois	Leo Steinberg	Jonas Ala		15.34	8/18	
M	High Jump	Nate Allen	Sampson	Darryl Wright		4.72	12/15	
F	Shuttle Hurdles	Sophia Edwards	Hannah Moriarty	Julia Zynda	Amy Tan	33.52	9/17	
F	Shuttle Dash A	Sophia Edwards	Maddy McGillicuddy	Piper Henderson	Sofija Slezas	26.46	10/30	
F	Shuttle Dash B	Livia Fantin	Manielle Kouassi	Julia Zynda	Kathy Duong	27.91	23/30	
F	Sprint Medley	Sofija Slezas	Maddy McGillicuddy	Aluna Coogan-Coyne	Salma Boukhtam	4:17.32	2/29	Nat. Qualifier
F	4 x 400m	Hannah Moriarty	Piper Henderson	Zoe Nelson	Amelija Slezas	4:38.79	20/25	
F	Long Jump	Sophia Edwards	Julia Zynda	Kathy Duong		12.73	8/13	
F	Shotput	Bassma Torky	Grace McGough	Brooklyn Rizzo		25.40	9/20	

Girls Scored 8 points. 18th place 30 Schools participated 35 schools in Division 2 per MIAA alignments



DUNKIN' RECENTLY celebrated another grand opening in Quincy. Located at 109 Franklin St., this Dunkin' comes with a brand new Colonial-style building and double-drive thru, designed to improve traffic flow on Franklin Street by taking cars behind the old store to queue off the main street. Dunkin' also donated \$5,000 towards highlighting and promoting the President's Trail. Standing from left to right: Ward 5 Councillor Dan Minton, Quincy Chamber of Commerce President Tim Cahill, Franchise COO Jason Green, Mayor Tom Koch and Franchise CEO Webb Donovan.

Courtesy Photo

OBITUARIES

Paul L. Lynch, 73

Paul L. Lynch, age 73, of Quincy, formerly of South Boston, died peacefully, Monday, Jan. 15, 2024 at Alliance Health at Marina Bay, in the comfort of his loving family.

Paul was born in Boston, to the late Philip L. Lynch and Barbara A. (Kelliher) Lynch McCormack. Raised and educated in South Boston, he was a graduate of South Boston High School, Class of 1968.

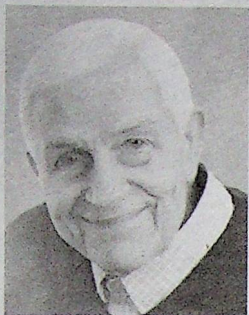
He was employed as a sheet metal worker and was a fifty-year member of Local 17. After his retirement, Paul became the co-owner of the former The Quiet Man Pub in South Boston for many years, where he enjoyed numerous friendships.

Paul was an avid Boston sports fan and enjoyed spending time with family and friends. He was especially proud of his three grandsons.

Beloved husband for fifty-one years of Mary Ellen (Fitzgerald) Lynch.

Devoted father of Paul L. Lynch, Jr. and his wife Meghan of Dorchester, Kerri A. Delaney and her husband Michael, and Katie M. Lovett and her husband Brendan, all of Milton.

Loving Pop of Shane, Ronan, and Dylan Lovett.



PAUL L. LYNCH

One of seven siblings, he was the dear brother of Phyllis Munnis, Gerard Lynch, Kenneth Lynch, Elizabeth Lynch, Barbara Lynch, and John McCormack.

Paul is also survived by many nieces, nephews, and their families.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Monday, Jan. 22. A Funeral Mass was celebrated at Saint Agatha Parish, 432 Adams St., Milton, on Tuesday, Jan. 23. Interment followed at Cedar Grove Cemetery, Dorchester.

For those who wish, donations in Paul's memory may be made to the Alzheimer's Association, 309 Waverly Oaks Rd., Waltham, MA 02452.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Helen T. Berg, 94

Helen T. (Forrester) Berg, age 94, of Goffstown, N.H., formerly of Quincy and Rockland, died peacefully, Saturday, January 13, 2024 at Bel-Air Nursing Home, in the comfort of her loving family.

Helen was born in Boston, to the late Wilfred J. and Ellen T. (Gibbs) Forrester. She was raised and educated in Boston and on the South Shore. She lived in New Hampshire for the past five years, previously in Quincy's Houghs Neck, and earlier in Rockland for many years. She was also a longtime winter resident of Naples, Fla.

As a young woman, Helen was employed as a telephone operator in the telecommunications industry before leaving the workforce to raise her family. She was a devoted homemaker, actively supporting the many activities and accomplishments of her sons and grandchildren. She enjoyed cooking and entertaining, and spending time with her family.

Beloved wife of the late Arthur L. "Bud" Berg.

Devoted mother of Richard A. Berg and his wife Roberta of Hanover, Steven F. Berg and his wife Karyl of Goffstown, N.H.

Loving grandmother of Melissa Sierra and her husband Guillermo, Erick Berg and his wife Jenna, Richard "Rick" Berg, Brian Berg and his wife Morgan.

Cherished great grandmother of Addison and Makaela, Jack and Luke,



HELEN T. BERG

Atomos and Athena.

Dear sister of Arthur J. Forrester of Quincy and his late wife Mary, Kathleen G. McIntyre and her husband Thomas of Quincy, and the late Grace E. Dwyer and her late husband Robert.

Helen is also survived by many nieces, nephews, and their families.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Sunday, Jan. 21. A Funeral Mass was celebrated in Holy Trinity Parish at Most Blessed Sacrament Church, 1015 Sea St., Quincy, on Monday, Jan. 22. Interment followed at the Massachusetts National Cemetery, Bourne.

Due to floral restrictions at the cemetery, in lieu of flowers, donations in Helen's memory may be made to the Massachusetts Association for the Blind and Visually Impaired, 200 Ivy St., Brookline, MA 02446 or www.mabvi.org.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Barbara Keith, 94

Barbara Keith, 94, of Quincy, died peacefully Jan. 16, 2024 just seven days before celebrating her 95th birthday. She was the devoted wife of 72 years to the late William J. Keith, a U.S. Navy Veteran and Pearl Harbor survivor aboard the USS West Virginia, who died in 2018.

Born in Boston, Barbara was a daughter of the late Theodore and Stella (Parmenter) Judkins. She was a preschool teacher at the Steele School, Trinity Episcopal Church, Marshfield and later the preschool director at First Baptist Church, Duxbury.

Cherished mother of Steve Keith and his wife Judy of Milton, Claire Gilmore and her husband Brian of Plymouth, Paul Keith of Cape Cod, Gayle Marcella and her husband Bill of Harwich, Jayne Murray and her husband Fred of Marshfield, Peggy Colligan and her husband Bob of Plymouth, and Brian Keith and his wife Marie of Kirby, Vt. Dear sister of James Judkins and his wife Mary of Marshfield and the late Richard Judkins and Clara Walsh. Also survived by 20 grandchildren, 31 great-grandchildren and 9 great great-grandchildren.



BARBARA KEITH

Relatives and friends are cordially invited to attend her funeral service on Saturday, Jan. 27, 2024 at 11:00 a.m. in St. Chrysostom's Episcopal Church, 1 Linden St., Quincy, with the Rev. Christopher Capaldo, Rector, officiating. Visitation will be held in the church one hour prior to the start of the funeral, beginning at 10:00 a.m. She will be privately laid to rest beside her beloved husband at the Massachusetts National Cemetery, Bourne.

In lieu of flowers, donations in her memory may be made to: St. Chrysostom Church, 1 Linden St., Quincy MA 02170.

For more information or to leave online condolences, please visit HamelLydon.com.

Ursula Svizzero, 92

Ursula (DeRosa) Svizzero, of Quincy, passed away surrounded by her family on Jan. 15, 2024. She was 92.

Ursula enjoyed working in her backyard in her rock garden. In her spare time as well, she enjoyed crossword and jigsaw puzzles, walks along Wollaston Beach and loved putting at the Dollar Tree as well as Building 19. Ursula loved her family and her cousins as well and she will be deeply missed by all those that knew and loved her.

Beloved wife of the late Henry S. Svizzero. Loving mother of Stephen Svizzero of West Newfield, Maine, Jean Svizzero of Brookline, and Nancy Gemmel and her husband, Paul, of Abington. Sister of the late Anthony DeRosa and his surviving wife, Elizabeth of Easton, and the late Genevieve White and her late husband, Thomas. Cherished Neena/Nina to Valerie Siteman, Daniel and Brandon Svizzero, and Kate-



URSULA SVIZZERO

lyn and Marissa Gemmel.

Visiting hours were held Sunday in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service was held in the funeral home on Monday prior to the Funeral Mass in St. Mary's Church, Quincy. Burial followed in Pine Hill Cemetery, Quincy.

In lieu of flowers, memorial donations may be made to Saint Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105. See www.Keohane.com for directions and online condolences.

In Loving Memory of Karen Jones

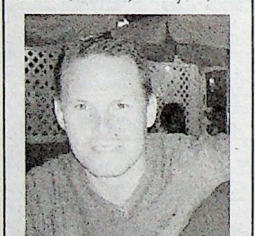


October 11, 1942 - January 27, 2020

*As time goes by,
we miss you more.
Your loving smile,
your gentle face.
No one can take
your vacant place.*

In loving memory
Jonathan

In Loving Memory of Christopher W. McCallum



It is so very hard to believe you were taken from us 5 years ago.

Your presence we miss immensely, your memories will always be treasured. Loving you always and forgetting you never.

In loving memory,
Mom, Dad and family

Michele D. Glennon



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June 27, 1941 - January 28, 2023

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Jean C. Maver, 94

Jean C. (Pearson) Maver, age 94, a lifelong Quincy resident, died peacefully, Thursday, Jan. 18, 2024 at South Shore Hospital, in the comfort of her loving family.

Jean was born in Quincy to the late Harold F. and Margaret S. (Mathieson) Pearson. Raised and educated in Quincy, she was a graduate of Quincy High School, as Valedictorian for the Class of 1946.

She was employed as a teacher's aide with the Quincy Public Schools for twenty years, retiring in 1991.

Jean was a woman of great faith and a lifelong, active member of First Presbyterian Church in Quincy where she and her family made many lasting friendships. She proudly served as a deacon, a member of the Women's Fellowship group, the JOY Group, a Sunday school teacher, and a long-time choir member for over sixty years.



JEAN C. MAVER

Most of all, Jean enjoyed spending time with family and friends and being the host of numerous holiday parties and gatherings for just any occasion.

Beloved wife of the late William H. Maver.

Devoted mother of James C. Maver and his wife Eileen, and Carol J. Maver, all of Quincy. Loving grandmother of Jay and Ryan Maver, both of Quincy, with whom she shared a special relationship. She is also survived by her stepson, William M. Maver and his wife Jean of Maynard, and their

children, Keith, Brian, and Jenna.

Dear sister of the late Wallace H. Pearson. Jean is also survived by many nieces, nephews, and their families.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Friday, Jan. 26, from 4 – 7 p.m. Relatives and friends are invited to attend. Funeral Services will be conducted at First Presbyterian Church, 270 Franklin St., Quincy, on Saturday, Jan. 27, at 10:30 a.m. Reverend Drew Hanson, Pastor, will officiate. Interment to follow at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Jean's memory may be made to the First Presbyterian Church, 270 Franklin St., Quincy, MA 02169.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Testing, Sharing, And Saving Leftover Seeds

By MELINDA MYERS

As you scour the seed catalogs and websites for new and favorite flower and vegetable seeds, take time to inventory the seeds you have saved from previous years. You'll save money by not buying more of the seeds you already have so you'll have more to spend on something new.

Starting with fresh seeds from a reliable seed company helps boost your growing success. But what gardener can resist getting the most out of every purchase by saving and planting seeds left from previous years?

Seeds stored in a consistently cool, not freezing, dry, dark location can last for one to five or more years. Start by checking the packaging or expiration date on the packet. Onions, parsley, parsnips, and salsify seeds usually last one year while corn, okra, and pepper seeds last an average of two



SEEDS, a damp paper towel, and a plastic bag are all you need to test the viability of stored seeds.

Photo courtesy of MelindaMyers.com

years. Beans and peas generally last for three years; tomatoes, turnips, beets chard, and watermelon four; and Brussels sprouts, cabbage, muskmelon, radishes, and spinach are the longest lasting at five years.

Perennial flower seeds last an average of two to four years while annual flower seeds last from one to three years depending on the species. There are always

exceptions with a few seeds that were found lasting more than a hundred years.

You may find your properly stored seeds last longer than the averages. But once seeds pass their average life expectancy you may see a reduction in germination. Use this quick and easy test to see if your stored seeds will sprout and grow. Place ten seeds on a damp paper

Cont'd On Page 26

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LEGAL NOTICES

CITY OF QUINCY IN COUNCIL

ORDER NO. 2024-011
ORDERED:

January 22, 2024

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325 Vehicles and Traffic. Article II Rules of the Road
Section 325-30 – Prohibited Left Turns where.

Add the following:

Street
Morrison Street

Intersecting with
Southern Artery

Type of Regulation
No Left Turn

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

1/25/24

CITY OF QUINCY IN COUNCIL

ORDER NO. 2024-012
ORDERED:

January 22, 2024

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article V Stopping Standing and Parking
Section 325-74 Parking Restrictions - Prohibited – Handicapped Spaces – Curb Access – Applicability

Add the following:

Street
Hancock Street

At
1143

Type of Regulation
Handicap Parking

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

1/25/24

CITY OF QUINCY IN COUNCIL

ORDER NO. 2024-013
ORDERED:

January 22, 2024

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325 Vehicles and Traffic. Article V Stopping Standing and Parking
Section 325-73 Parking-Prohibited and Restricted where

Add the following:

Street
Hancock St
Odd-Numbered side

From
42' South of
Dimmock St

To
104' South of
Dimmock St

Type of Regulation
15 Minute Parking

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

1/25/24

Testing, Sharing, And Saving Leftover Seeds

Cont'd From Page 25

towel. Roll up the towel with the seeds safely tucked inside. Set the paper towel

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304
Docket No. NO24P0016GD

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court**

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021

**In the matter of:
John-Spiter Louissaint
Of: Quincy, MA
RESPONDENT**

Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by **Brigham & Women's Hospital of Boston, MA** in the above captioned matter alleging that **John-Spiter Louissaint** is in need of a Guardian and requesting that **Celine Noel of Riverview, FL** (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **2/07/2024**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 5, 2024

COLLEEN M. BRIERLEY
Register of Probate

1/25/24

in a plastic bag and store it in a warm dark location.

After a week or so, unwrap the paper towel and check the seeds for sprouting. If nothing has happened, rewrap the seeds and wait a few more days.

If all the seeds have sprouted, you have one hundred percent germination and can plant the seeds according to the label directions. If only half the seeds sprout, you should plant the seeds twice as thick to

compensate for the lower germination. You can plant these sprouted seeds if you have the available gardening space and the growing conditions are right for the seeds to grow.

If none of the seeds sprout, consider breaking out the glue and getting the family involved in turning these nonviable seeds into seed art. Then make some adjustments to your seed storage strategies in the future. Leave seeds in their original package so you have all the information you need when inventorying and planting the seeds the following season. Place the envelope in an airtight container and store it in the refrigerator or a consistently cool, not freezing location.

If you've lost seeds to hungry rodents try storing them in the refrigerator or

metal or glass containers. Sealed plastic containers are fine for the seeds, but hungry mice can eat their way through the plastic to your stored seeds.

You, like many gardeners, often end up with more seeds than you will ever grow. Consider sharing these with others by donating them to school groups, community gardeners, and master gardeners who will put them to use in various gardens in your community. Or organize a seed swap. Just gather your gardening friends or work colleagues, the seeds and catalogs, and throw a garden party. The last Saturday in January is National Seed Swap Day and a good excuse to gather and share.

Seed swaps are a great way to find unusual or unique seeds. It is also a

great way to save money and get the greatest value by sharing extra seeds with friends and family.

Once the seed swapping is done you may want to break out the catalogs, check online seed retailers, and place a group seed order. Working together you'll be able to order a wider variety of seeds for greater diversity in the garden. Everyone can take what they need so there will be fewer seeds to save in the future. Plus, ordering larger packets is usually more economical. And you'll have an excuse for another party when you meet to divide up the goods.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' website is www.MelindaMyers.com.

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-86

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, February 6, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Phillip Baker for a Variance to extend the left and right sides of the home, construct a covered landing to the front of the home and widen the driveway in violation of the Quincy Zoning Ordinance Sections 3.4.4 Increase Existing or Create New Nonconforming Structures, 4.1.1 Conformance (Front Setback) and 5.1.4 Off-Street Parking (Setbacks-Paving) on the premises numbered 54 EMERALD STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/112303>.

Martin Aikens, Chairman

1/18/24, 1/25/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-90

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, February 6, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Patrick Foley, Esq. for a Variance & Finding to replace the existing auto body shop with a nine unit condominium building and one commercial unit with twenty-three parking spaces in violation of the Quincy Zoning Ordinance Sections 3.4.3(2) Nonconforming Structures, 4.1 Table of Dimensional Requirements and 5.1.4 Off-Street Parking (Setbacks) on the premises numbered 10 INDEPENDENCE AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/112849>.

Martin Aikens, Chairman

1/18/24, 1/25/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-91

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, February 6, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Xiao Bin Wu (Victor) for a Finding to change the use of the business to a retail convenience store in violation of the Quincy Zoning Ordinance Section 3.4.2 Nonconforming Uses on the premises numbered 44 SAINT ANN'S ROAD, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/112772>.

Martin Aikens, Chairman

1/18/24, 1/25/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-92

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, February 6, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Anat Beck-Nachtigal for a Variance & Finding to construct a full length dormer to the east side, add a master suite and renovate the interior and exterior of the home in violation of the Quincy Zoning Ordinance Sections 3.4.3 Nonconforming Structures and 4.1 Table of Dimensional Requirements (Max. Number of Stories) on the premises numbered 58 APPLETON STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/113119>.

Martin Aikens, Chairman

1/18/24, 1/25/24

Legal Notices for Publication

Should be emailed to:
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OR

thequincysun@verizon.net
Need more information?
Call 617-471-3100

PUBLIC NOTICE

**CITY OF QUINCY
BOARD OF LICENSE COMMISSIONERS**

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Quincy Market LLC, doing business as Quincy Vape and Lottery, Safia Jamil, Manager, for a transfer of the Off-Premises Wines and Malt Beverages Convenient Store License presently held by Grace Eng LLC doing business as Andres, for the premises located at 20 Brook Street. The premises is a ground-level retail store with basement of approximately 1,482 sq. ft. A hearing will be conducted at **4:00 p.m.** on **Tuesday, February 6, 2024** at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

1/25/24

NOTICE OF PUBLIC HEARING

DEPARTMENT OF ENVIRONMENTAL PROTECTION

WATERWAYS REGULATION PROGRAM

Notice of License Application pursuant to M.G.L. Chapter 91

Waterways License Application Number 23-WW01-0078-APP

Applicant: David K. Dunbrack

Project Location: 82 Crabtree Road, Quincy, Norfolk County

Public Comments Deadline: February 26, 2024

NOTIFICATION DATE: January 25, 2024

Public Notice is hereby given of the Waterways Application by David K. Dunbrack to maintain an existing concrete retaining wall and fill, with associated ramp and steps, and install and maintain a residential docking facility consisting of a 3.5-foot wide by 20-foot long aluminum ramp connecting to a 3.5-foot wide by 90-foot long pile supported wooden pier and a 30-foot wide by 15-foot long bottom-anchored floating dock, in/on filled and flowed tidelands of Quincy Bay, Quincy, Norfolk County. The proposed project has been determined to be waterdependent.

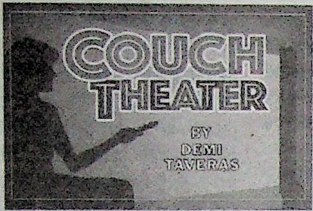
The Department will consider all written comments on this Waterways Application received by Monday, February 26, 2024 (Public Comments Deadline). Failure of any aggrieved person or group of ten (10) citizens or more to submit written comments to the Waterways Regulation Program by the Public Comments Deadline will result in the waiver of any right to an adjudicatory hearing in accordance with 310 CMR 9.13(4)(c). The group of citizens must include no less than five (5) citizens who are residents of the municipality in which the proposed project is located. A public hearing may be held upon request by the Municipal Official.

Project plans and documents for this Waterways Application are on file for public viewing electronically at: <https://eeaonline.eea.state.ma.us/EEA/PublicApp/> (enter **23-WW01-0078-APP** in the Search Page as the **Record ID**). If you need assistance, please contact ivan.morales@mass.gov or if you do not have access to email, please leave a voicemail at (857) 276-3013 and you will be contacted with information on alternative options.

It is recommended that documents and correspondence be filed electronically with the email address specified above, when possible, alternatively, comments may be mailed to Ivan Morales at MassDEP Waterways Regulation Program, 100 Cambridge Street, 9th Floor, Boston, MA 02114.

1/25/24

QUINCY SUN FUN



"Priscilla" (R) — Since it is so often the case with Hollywood to tout out similar movies back-to-back while interest is still up, we all knew that a foil to Baz Luhrmann's "Elvis," which tells the story of musical legend Elvis Presley, was surely on its way. And a year later, it came by way of Sofia Coppola and Presley's ex-wife, Priscilla. In this biopic, Cailee Spaeny plays a young Priscilla just as she meets the man who would become one of the most popular singers in the world, and her future husband, this time played by Jacob Elordi. While the film didn't wow at the box office, it received positive reviews from critics for Spaeny and Elordi, with Spaeny snagging a nomination for Best Actress at the Golden Globes. Out now to rent. (Amazon Prime Video)

"Good Grief" (R) — Dan Levy ("Señor's Creek") makes his directorial debut in this comedy-drama film out Jan. 5. A true triple threat, Levy stars as the lead character, while also directing and having written the screenplay himself. At the film's start, his character, Marc, is struggling with the unexpected death of his husband, and after spending a year grieving with his best friends, Sophie (Ruth Negga) and Thomas (Himesh Patel), the trio decides to go on a weekend getaway to Paris. This weekend proves to be a rebirth for Marc and his friends, as they all work to unearth the inconveniently intense feelings that they've all been harboring. Luke Evans, Emma Corrin and Kaitlyn Dever make appearances in this very touching and strong debut from Levy. (Netflix)

In Case You Missed It

"Official Competition" (R) — Multimillionaire businessman Humberto Suarez reaches his 80th birthday and feels that he doesn't have anything long-lasting to show for it. On a whim, he decides to produce a film that can live on past his lifetime, with eccentric director Lola Cuevas (Penelope Cruz) at the forefront. Lola has a strict creative vision for this film, which includes hiring two egotistical lead actors from different sides of the acting spectrum. Method actor Ivan Torres (Oscar Martinez) isn't fond of pomp and glamour, while Hollywood actor Felix Rivero (Antonio Banderas) relishes in everything celebrity and combining the two results in a chaotically hilarious performance. Cruz, Banderas and Martinez were the perfect trio for this Spanish black comedy. Out now. (Hulu)



Courtesy of Netflix

Dan Levy makes his directorial debut in "Good Grief."

"The Morning Show" (TV-MA) — This critically acclaimed show starring Jennifer Aniston and Reese Witherspoon is an addictive binge-watch. Aniston plays Alex Levy, co-anchor of "The Morning Show" alongside Mitch Kessler (Steve Carell). When Mitch's sexual misconduct results in his firing from the show, Alex is forced to protect her job and reputation. Meanwhile, West Virginia field reporter Bradley Jackson finds herself like a fish out of water when she lands the position as co-anchor. After its first season, the show expands on topics like racial inequality, the Russian-Ukrainian war and the Capitol riot. All three seasons are out now. (Apple TV+)

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Contract Bridge

THREE HURDLES TO SUCCESS

East dealer.

Neither side vulnerable.

NORTH

♠ J 10 5

♥ 9 2

♦ 6

♣ A K 8 7 5 3 2

WEST

♠ 7 4

♥ J 5 3

♦ Q 8 5 4

♣ Q 10 9

EAST

♠ K Q 9 8 2

♥ Q 10 8 4

♦ A 7 2

♣ 6

SOUTH

♠ A 6 3

♥ A K 7 6

♦ K J 10 3

♣ J 4

The bidding:

East South West North

1 ♠ Dble Pass 3 ♣

Pass 3 NT

Opening lead — seven of spades.

Assume you reach three notrump on the bidding shown and West leads the seven of spades. East covers dummy's ten with the queen, and the question is how to proceed from here.

Clearly, your best move at this point is to duck East's queen. If you won the trick, you would subject yourself to the possibility that West might later gain the lead and return a spade through

dummy's J-5.

After you duck the queen, East shifts to the deuce of diamonds. You don your thinking cap again and then put up the king. Granting the possibility that East might have the A-Q of diamonds, it is surely wiser to play the king than the jack. You should not jeopardize the contract by playing the jack, because East is virtually certain to have the ace of diamonds for his opening bid.

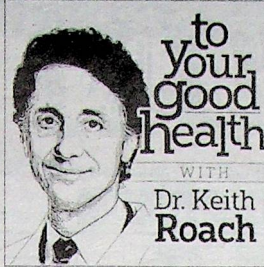
When the king of diamonds holds, you next lead the jack of clubs, planning to play low from dummy if West follows low. This play guarantees the contract even if East wins the trick with the queen. In the actual case, though, West covers the jack of clubs with the queen — and you duck it!

The composite effect of your first three plays is that you wind up making the contract. Dummy's six club tricks are more than the defenders can cope with, and you are sure to come home with at least nine tricks.

But note that if you won the first spade or did not play the king of diamonds at trick two, or took West's queen of clubs with the king at trick three, the outcome would be altogether different. You would fail to make three notrump because you did not clear all three critical hurdles.

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by Steve Becker



Blood Bank Turns Away Donor With High Iron Levels

DEAR DR. ROACH: Recently, I was rejected from donating plasma (not blood) because my iron that day was 57 mcg/L, and the maximum allowable was 54 mcg/L. I was rescheduled to get retested in a few days. The technician said to eat beans and similar foods to lower my iron levels.

I checked my own records and didn't find any results that fell below the cutoff. My red blood cell count was 5.15; my white blood cell count was 6.0; my hemoglobin level was 16.1 g/dL; and my hematocrit level was 48.5%, all within the healthy range.

Which test results could they be referring to, and how do I lower my iron? -- S.L.

ANSWER: Blood banks typically screen donors for anemia, which is frequently caused by iron deficiency, but I'm confused as to why they are screening you with iron tests because that is typically not done. Moreover, they are telling you that your iron is too high, which is the opposite of the iron-deficiency anemia that is usually looked for.

I recommend that you see your own physician and get retested. If we take the blood bank at their word, and your iron level is too high, that raises the possibility of hereditary hemochromatosis (HH), which is caused by a defect of iron absorption. With this condition, your body absorbs as much iron as possible, even if it doesn't need any. This causes iron overload, which damages the heart, liver, bone marrow, adrenal glands, skin and joints, just to name a few.

HH is easy to treat once the diagnosis is made. However, making the diagnosis requires thinking about the possibility,



1. Who wrote and released "While My Guitar Gently Weeps"?
2. Which group originally released "Don't Bring Me Down" in 1966?
3. Who wrote and released the 1962 parody "The Monster Mash"?
4. Elvin Bishop is considered a one-hit wonder for which song?
5. Name the song that contains this lyric: "Moons and Junes and Ferris wheels, the dizzy dancing way you feel, When every fairy tale comes real."

Answers

1. George Harrison of the Beatles, appearing on their 1968 White Album. Harrison and

and it's uncommon enough that a lot of healthcare professionals don't think about it right away. Your doctor should test your iron and iron-binding capacity, as well as your ferritin level, which tends to correlate with the total amount of body iron stores.

But I don't want to jump to conclusions, which is why your own doctor should test you to see if you really do have excess iron.

DEAR DR. Like a lot of older men (I'm 74), I get up often at night to dribble a little urine. I have found that if I go downstairs, walk to the kitchen, then climb back upstairs, I can often urinate again as much as I did the first time. Can you explain?

Also, I've noticed that on nights that I have popcorn with salt, I get up less often. Could a person take a salt tablet before bedtime to reproduce this effect? -- S.C.

ANSWER: Both men and women can have voiding problems due to bladder issues, but men can also have symptoms due to an enlarged prostate. I can't tell which of these you might have because, for both, there are underlying reasons as to why you might be able to urinate again a few minutes after going the first time. But it's more common in men with prostate trouble.

Exercise isn't usually needed; just giving yourself a few minutes can often be enough to cause you to void again. I recommend voiding twice before bed if getting up at night is a problem. You may find that changing positions while urinating can be helpful to fully empty your bladder.

As far as salt goes, it makes your body hold on to water. While you could take a salt tablet, you might get thirsty at night. In addition, excess salt increases most people's risk for heart attack and stroke, so I don't recommend it.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Eric Clapton often played it together, including for the 1971 "Concert for Bangladesh" album.

2. Eric Burdon and the Animals. The song charted in the Top Ten and was then covered by several others, including The Guess Who and Tom Petty and the Heartbreakers.

3. Bobby "Boris" Pickett & The Crypt-Kickers. The song was released just before Halloween and tells of a scientist who created a monster that danced. A movie musical was released based on the song in 1995.

4. "Fooled Around and Fell in Love," from 1976.

5. "Both Sides Now," by Judy Collins in 1967. Songwriter Joni Mitchell included the song on her own "Clouds" album and the song earned a Grammy for Best Folk Recording in 1969.

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SENIOR NEWS LINE

by Matilda Charles

Finding A Nursing Home

Choosing a nursing home isn't easy, even in the best of circumstances. Whether it's for you or a spouse, or for your parents, for now or for later, there are things you need to know and red flags to beware of.

When you want accurate information, you have to consider the sources you use. Ask friends and family for recommendations or warnings about local facilities. Go online to the National Institute on Aging (www.nia.nih.gov) and search for nursing homes and long-term care facilities. Print out their Medicare Nursing Home Checklist and take it with you to each facility. Check the Medicare Compare tool (www.medicare.gov/care-compare) for local facilities. Call the Eldercare Locator, at 1-800-677-1116, run by the U.S. Administration on Aging. Look for online news stories and reviews about any facility you consider.

Visits to the facilities you are considering are a must. Whether it's daytime appointments with a member of staff or sudden visits at night, what you see can be revealing. Try to time at least one surprise visit at mealtime. Is the food appetizing? Will it encourage seniors to eat? Are there low-sodium options, as well as foods for lactose intolerant residents? Try to talk to staff who actively work with the residents and ask questions.

Ask about the staff/resident ratio, the turnover rate and the level of training given to staff. How did they do during the Covid pandemic, as well as with other illnesses? Does the facility look and smell clean?

Find out about cost (do they accept Medicare?), social and recreation activities for residents, physical therapy and use of psychiatric drugs.

If anyone doesn't want to answer your questions, consider it a red flag.

Don't wait until the last minute to choose a nursing home. This is not a decision to make quickly. Start now to get a handle on the facilities near you; you'll be many steps ahead when the need arises.

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BIBLE TRIVIA

by Wilson Casey

1. For possible new year's resolutions, Proverbs 16:3 says, "Commit thy works unto the Lord, and thy thoughts shall be ____." Resolved, Established, Directed, Bountiful

2. Likewise, Psalm 37:5 instructs us to, "Commit thy way unto the Lord; trust also in him; and he shall bring it to ____." Nurture, Pass, Action, Light

3. Which book proclaims the first day of the new year is for resting and a memorial sounding the trumpet? Genesis, Exodus, Leviticus, Numbers

4. 2 Corinthians 5:17 and Galatians 2:20 are among the verses to focus on what in a new year? Blessings, Moving forward, Grace, Church attendance

5. In which month of the religious calendar did the new year begin in the Bible? 3rd, 5th, 7th, 9th

6. From James 1:5, what may one lack and if they ask God it shall be given? Love, Wisdom, Truth, Goals

ANSWERS: 1) Established, 2) Pass, 3) Leviticus, 4) Moving forward, 5) 7th, 6) Wisdom

SUN FUN PAGES

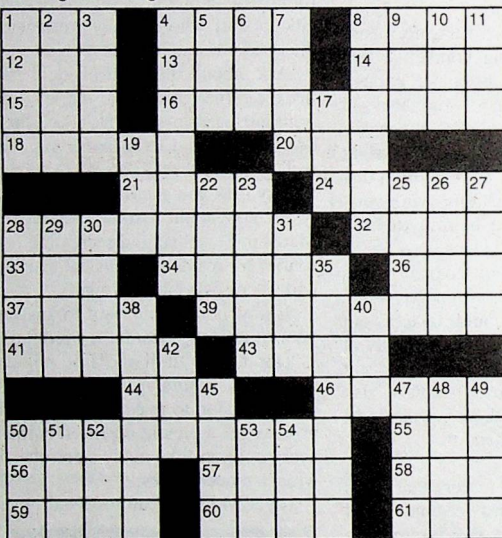
King Crossword

ACROSS

- 1 Hot tub
4 Pack (down)
8 Honeycomb division
12 Joke
13 Teen fave
14 Celestial bear
15 Capote nickname
16 Difficult problem
18 Celery unit
20 Pantheon member
21 Morays
24 Twilight, poetically
28 "Bravo!"
32 Wry Bombeck
33 Raw rock
34 Begets
36 Melody
37 Actress Meg
39 Maintains
41 Wheel connectors
43 Bake sale orgs.
44 — Victor
46 Dugout seating
- 50 Sociable and lively
55 "Caught ya!"
56 Medicinal plant
57 Vogue rival
58 Singer Phair
59 Reporter's quest
60 Workout count
61 Mimic
- 23 Razor sharpener
25 Algerian port
26 During
27 Red planet
28 Mrs. Dithers of "Blondie"
29 African antelope
30 "Hud" actress Patricia
31 Faxed
35 Equine homes
38 Butterflies
40 Language suffix
42 High school subj.
45 Declare
47 "The Lion King" lion
48 Intel product
49 Visibility hindrance
50 Fire
51 Flamenco cheer
52 At once
53 — de-France
54 Jungfrau, for one

DOWN

- 1 Boot camp
2 VIPs
2 Section
3 Water, in Mexico
4 Hearts, slangily
5 Big fuss
6 Calendar abbr.
7 Advertise
8 Get cozy (with)
9 Blunder
10 Baton Rouge sch.
11 Felon's flight
17 Egg quaff
19 Triathlon segment
22 Secular



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MAGIC MAZE

"LET" WORDS

J P M T K I F D B Y W U S Q O
T M K I E F T L D B Z X X W U
S E Q O N L L E T E L K O O B
T E L U O P O T L J H F B D R
C E A T Y W E I H B V T R S A
A Q L P N L N C V A O L E K C
I N H W H U F I E A M G T C E
B Z K P O Y A A W V R L T U L
S R M L Q C I G R A H T E L E
P A N M E L N W O D T E L T T
P E C U T T E L P U T N I U Q

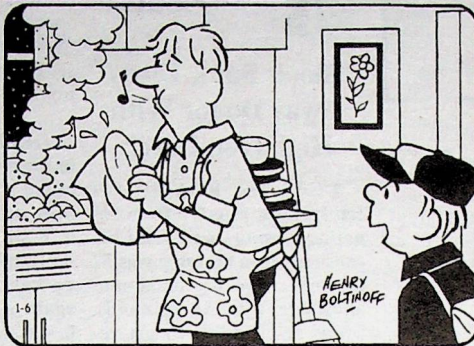
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: Jewelry Worn Around the Wrist

- Anklet Hamlet Letterbox Poulet
Booklet Letdown Lettuce Quintuplet
Gauntlet Lethargic Owllet Ultraviolet
Goblet Leticia Pamphlet

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Broom handle is longer. 2. Cloth is different. 3. Cap is different. 4. Cup is missing. 5. Cabinet is wider. 6. Flower picture is reversed.

Trivia test

by Fifi Rodriguez

1. GENERAL KNOWLEDGE: What is the last name of Ken, who was Barbie's boyfriend?
2. TELEVISION: In the sitcom "The Office," the company is in which U.S. city?
3. GEOGRAPHY: In which country is The Matterhorn located?
4. MUSIC: Which 1990s group was the singer Beyonce a part of?
5. U.S. STATES: In which state is Monument Valley located?
6. LITERATURE: In which children's book do the characters Tweedledee and Tweedledum appear?
7. MATH: In Roman numerals, what is XLVIII divided by XII?

8. MEDICAL: What is a common name for polythelia?
9. CHEMISTRY: How many elements are listed on the Periodic Table?
10. MOVIES: What is the year of the Olympics in the movie "Chariots of Fire"?

Answers

1. His full name is Kenneth Sean Carson.
2. Scranton, Pennsylvania.
3. Switzerland.
4. Destiny's Child.
5. Arizona.
6. "Through the Looking-Glass."
7. IV (Four).
8. Having an extra nipple, which affects about 1%-5% of the population.
9. 118.
10. 1924.

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Wishing Well®

4	5	7	2	6	5	3	7	8	4	8	5	8
V	A	C	K	G	F	H	O	L	I	O	A	V
4	6	2	6	8	4	3	2	7	3	6	7	4
C	I	E	V	E	T	A	E	M	P	I	F	O
2	7	8	7	5	3	4	2	8	5	3	2	3
P	O	G	R	S	P	R	L	A	T	Y	I	T
8	6	7	8	7	2	4	3	2	7	4	8	5
I	N	T	N	R	F	Y	I	E	E	B	E	S
6	2	8	6	7	6	7	4	3	4	6	4	3
G	S	D	B	C	R	E	Y	M	H	I	A	E
2	6	7	2	5	2	3	2	6	7	6	2	4
I	N	I	M	T	P	S	L	G	V	S	E	R
6	5	6	5	6	4	5	4	7	4	7	4	4
J	A	O	R	Y	D	T	W	E	O	D	R	K

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Is that Arian self-esteem in need of shoring up? Best advice: Do something that will make someone feel good about themselves. It will make you feel proud that you did it.

TAURUS (April 20 to May 20) It's time to prove to your detractors that you're way ahead of them when it comes to getting things done. So, be sure to avoid surprise distractions and complete that project as soon as possible.

GEMINI (May 21 to June 20) Be careful not to waste your precious energy on frivolous matters that don't advance your goals. Stay focused. There'll be enough time for fun and games after you reach your objective.

CANCER (June 21 to July 22) You've done well on your own, but now could be a good time to consider advice from confidantes, as long as you continue to let your own instincts be your primary guide.

LEO (July 23 to August 22) A belated New Year's "gift" could create a problem if you feel unwilling or unable to adjust your plans and accommodate the new development. Check out all options before deciding.

VIRGO (August 23 to September 22) There's a possibility that you could be goaded into making a statement you might regret. It's important to stay cool no matter how heated the conversation gets.

LIBRA (September 23 to October 22) A recent sad experience can become a valuable

lesson. Examine it well and take what you've learned to help you make an important upcoming decision.

SCORPIO (October 23 to November 21) Lingering problems in a personal or professional partnership still need to be resolved so you can move on. Insist on more cooperation from everyone involved.

SAGITTARIUS (November 22 to December 21) That recent problem that made you feel emotionally trapped and physically exhausted is gone. Don't dwell on it. Instead, make new plans and set up other goals.

CAPRICORN (December 22 to January 19) Your creative talents combine with a strong domestic aspect this week, which means you can start on those home-improvement projects that you've been planning for a long time.

AQUARIUS (January 20 to February 18) It's a good time to anticipate an upcoming change in the near future. This could mean taking on a new career, going off to a new city or moving into a new home.

PISCES (February 19 to March 20) Soon, you should be learning more about the motives of those who continue to pressure you into making a decision that you're still unsure about. Use this information wisely.

BORN THIS WEEK: The flow of your generosity seems to have no limit. However, you're smart enough to know when it's time to cap it.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: X equals C

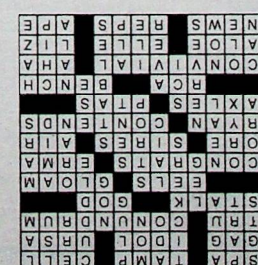
GYN ZJT IFEMHDZ FJG RG GYN
ZTU IFJCQD'G GRMN GYN GHUN
GF GRCM GF LNFLCN. YN YRQ
GFF URDT LENKKHDZ XFDXNEDK.

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King Crossword

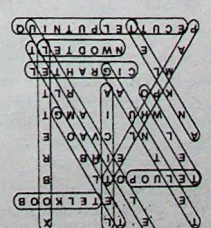
Answers

Solution time: 24 mins.



Magic Maze

ANSWERS:



The guy working out at the gym wouldn't take the time to talk to people. He has too many pressing concerns.

CryptoQuip answer

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Becoming famous has its drawbacks. Two-time Irish Film and Television Award winner Jamie Dornan became a fan favorite as Christian Grey in “Fifty Shades of Grey” (2015), “Fifty Shades Darker” (2017) and “Fifty Shades Freed” (2018). But with that kind of adoration can come unexpected problems. Dornan told The Independent, “I had a situation...a stalker-type situation before COVID. ...Someone turned up at my house when my kids were there.” The incident scared him so much that he became secretive and withdrew in many ways. “The more I can block that out,” he confessed, “the better it is for me and the family!” It forced him to pull back and change up his approach with his career by slowing things down and becoming more guarded and selective. The notoriety and serial implications that went with the “Fifty Shades” trilogy attracted some savory, obsessed fans. Since “Fifty Shades,” he’s scored with “Belfast” (2021) and his last film, “A Haunting in Venice” (2023). He will soon be seen in season two of the British series “The Tourist,” which will drop on Feb. 29 on Netflix. No word yet on season three.

Ryan Reynolds is starring in the live-action/animated fantasy-comedy “IF,” produced by John Krasinski, who also wrote, directed and starred in the film. It follows a young girl who has the ability to see people’s imaginary friends, referred to as “IFs.” The film captures the voice

es of Steve Carell, Phoebe Waller-Bridge, Louis Gossett Jr., Emily Blunt, Matt Damon, Maya Rudolph, Jon Stewart, Sam Rockwell, Sebastian Maniscalco, Christopher Meloni, Richard Jenkins, Awkwafina and Vince Vaughn. Paramount Pictures will release it in theaters on May 17.

From seeing imaginary friends to seeing aliens! Writer/director and veteran cinematographer Richard Bakewell has rounded up some great veteran actors from the ‘80s to costar in “Roswell Delirium.” Based in 1986, the screenplay is about a young woman who believes she can contact aliens that can help cure the after-effects of a nuclear disaster.

To get you in the ‘80s mood, Bakewell has cast Anthony Michael Hall (“The Breakfast Club”), Dee Wallace (“E.T. the Extra-Terrestrial”), Sam J. Jones (“Flash Gordon”), Reginald VelJohnson (“Family Matters”) and Lisa Whelchel (“The Facts of Life”) to support the film’s young star, Kylee Leven (“Emily Ever After”). It drops on Netflix on March 15.

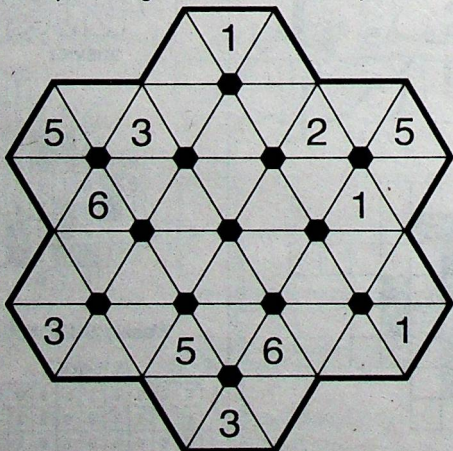
Tom Cruise, 61, is reportedly dating Russian model Elsina Khayrova, 36. Khayrova is a mother of two who was formally married to a Russian oligarch close to Vladimir Putin for a decade. Now a British citizen living in London, she and Cruise have been seen around Blighty, but somehow, she doesn’t seem to fit the love profile of our “Top Gun!”

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	÷		+			11
+		+		-		
	+		÷			3
÷		÷		×		
	×		-			2
6		3			4	

1 2 3 4 5 6 7 8

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Boyer Chests — Famous names add to the value of an antique, even if we know more about the maker’s work than about the maker. Few names of antique folk artists and country crafters are known today, and even less is known about the people behind them. John Boyer, who made seed chests in Lancaster County, Pennsylvania, in the mid- to late 19th century, is one of these crafters.

This seed chest, attributed to Boyer, sold for an impressive \$28,320 at a Conestoga auction. The chest features grain painting, a popular decoration at the time. Grain painting meant painting an inexpensive material, such as pine, to resemble an expensive wood, such as mahogany. Boyer chests have a distinctive style of grain painting with diagonal stripes on the sides and vertical lines on the front drawers, which are visible on the chest pictured. We may not know his life story, but John Boyer clearly left his mark on the antiques world.

Q: Is an old Rival No. 100 wooden wringer worth anything? It says “Rolls 10 x 1 3/4 inches” and “The rolls in this wringer are warranted one year for regular family use.” The trademark is a horseshoe shape with the letters “LMC” inside. It’s in good condition.

A: Before the invention of automatic washing machines, a hand-cranked wringer was attached to the washing machine or tub and used to wring out the laundry. The mark on your wringer indicates it was made by Lovell Manufacturing Co., a company founded in Erie, Pennsylvania, in 1881. Automatic washing machines were invented in

the 1920s and were common in most homes by the 1950s. Wooden wringers from the late 1800s and early 1900s sell for about \$50 to \$100 depending on condition.

TIP: If there are traces of glue on the back of a label, soak the label and carefully scrape the glue off under water. Then dry flat.

CURRENT PRICES

• Bank, figural, safe, “Security Safe Deposit,” hinged door with center knob, opens to three inner drawers, coin slot on top, cast iron, Kyser & Rex, c. 1885, 8 1/2 x 6 x 5 1/2 inches, \$150.

• Pottery bowl, Hopi, tapered base, red, black, cream, diagonal panels, geometrics, striped and zigzag rim, signed, Roberta Youvella Silas, 20th century, 5 x 5 1/2 inches, \$240.

• Perfume bottle, cut glass, amethyst cut to clear, cylindrical, silver collar & dome lid, hinged, glass stopper, glass marked ML, lid hallmarked with GP & teapot in diamond, late 19th century, 5 3/4 inches, \$480.

• Advertising broadside, “Providence Line Between New York and Boston,” “The New Route East,” image of steamboat Massachusetts on water, American flag, frame, Phoenix Lith., late 1800s, 14 1/2 x 17 3/4 inches, \$625.

• Sailor’s valentine, two-sided, center heart, flower and pink rose, alternating panel borders, octagonal hinged wood case, 19th century, each side 9 x 9 inches, \$2,500.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS

by Terry Stickels

Can you match the shape names on the left with their meanings on the right?

- | | |
|---------------|-----------------|
| 1) hastiform | a) hook-shaped |
| 2) cruciform | b) spear-shaped |
| 3) aliform | c) wing-shaped |
| 4) conchiform | d) shell-shaped |
| 5) unciform | e) cross-shaped |

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Strange BUT TRUE

• Ever wonder why your kitty tries to play or even fight with its own reflection in a mirror? Animal specialists believe felines don’t realize that their image isn’t another animal because it has no scent.

• And speaking of scent, the Odeuropa research project has created an online encyclopedia dedicated to the history of smells.

• Vomitoriums in ancient Rome weren’t actually spaces for gastronomic feasting and purging, but an architectural feature in stadiums that allowed for more efficient crowd exits.

• Null Island gets its curious moniker from its coordinates: zero degrees latitude and zero degrees longitude. It also doesn’t exist, but is the result of a common error in GIS data.

• ChatGPT can easily be convinced it’s wrong, even when it’s right.

• Irving Berlin dedicated all royalties from “God Bless America” to a fund of the

same name, specifically for the benefit of such youth organizations as the Boy Scouts and Girl Scouts in New York City. To date, more than \$10 million has been raised.

• Researchers at Dublin City University found that soccer goalkeepers process both visual and auditory cues more efficiently than other players, as well as non-players, which could be the clue to their speedy reactions during games.

• By 2027, Sweden plans to boast a city made entirely of wood.

• The last U.S. conviction for blasphemy went to atheist activist Charles Lee Smith in 1928, after he rented a Little Rock, Arkansas, storefront and put a sign in the window reading: “Evolution Is True. The Bible’s a Lie. God’s a Ghost.” Because, as an atheist, he couldn’t swear the court’s usual oath to tell the truth, he also couldn’t testify in his own defense.

Thought for the Day: “If people are doubting how far you can go, go so far that you can’t hear them anymore.” — Michele Ruiz

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Now here’s a tip!

by Jo Ann Derson

• File this one under safety AND energy smarts: Clean the dryer vent after every load. Clean the dryer vent screen monthly with a gentle soap and water bath. Rinse well and dry thoroughly before inserting back into your dryer.

• “I used to struggle with plastic wrap every time I tried to use it. But now, it’s a breeze since I learned to do these two things: One, keep plastic wrap in the freezer. It unrolls evenly, not one side or the other. Two, use a serrated knife to cut it instead of relying on the metal strip down the side of the box. You lay it out on the counter, and just run the knife down the edge you want to cut. Works like magic, and it’s no longer frustrating.” — G.S. in Georgia

• Store an apple or two with your potatoes to keep them from sprouting. Be sure to check them often.

• Cut cotton pads in half to double your supply. They are typically big enough for two uses, and you can always use two halves if you need a whole.

• “Make a cream lipstick last longer and stay cleaner by using a makeup brush to apply. Your skin picks up more of the lipstick than necessary, one reason why we blot our lips afterward. But the brush uses only what you need. And there’s less bacteria transfer.” — Y.R. in Massachusetts

• Studies have shown that you spend more and make worse decisions when grocery shopping at peak hours. To be a saver on the family food bill, pick a time to shop when you’re not rushed; have a list; know the sales ahead of time; and eat before you go.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

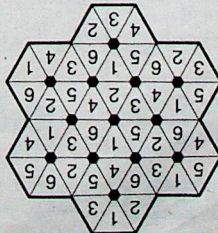
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Go Figure! answers

4	3	6
2	3	2
2	3	2
3	5	7
3	5	7
11	9	5

SNOWFLAKES

solution



Stickelers Answer

1-b, 2-e, 3-c, 4-d, 5-a

Super Crossword

ACROSS

- 1 Grappler, backwoods-style
8 Skylit courts
13 Astronaut Wally
20 "The Stranger Beside Me" true-crime writer
21 Flowers in the iris family
22 Some sweatshirts
23 Swift warship for law enforcement?
25 Finales
26 Makes mother's milk
27 Comic Radner
29 "How about that!"
30 Lugosi of "The Raven"
33 Hefty books
34 Defectively built flat-bottomed boat?
36 Pumpkin's color
38 Resident of Tehran
40 Makes a choice
41 Light, speedy boat transporting Oreos?
45 Just barely

DOWN

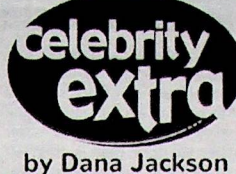
- 48 Indian state known for silk
49 United
50 In a smoothly elegant way
53 Neon, e.g.
56 French mime master
59 High-sterned ship orbiting Earth?
61 "Brooklyn Nine-Nine" star Andy
65 Central Canadian tribe members
67 Upscale hotel
68 Small combo
69 Discovering a sharp-bowed rowboat?
74 Safe, at sea
75 Do a tally of
77 "Get what I'm sayin', man?"
78 Zealous
80 Paint a passenger ship?
83 Soapmaking solution
86 Auditing org.
87 Message on a tombstone
89 Kabuki sash
90 Enthusiasm
95 Prison, in London

ACROSS

- 6 One voted in
7 Book page opposite a verso
8 Severe
9 Samples something
10 Singer Diana
11 With
13-Down, thick glacial mass along a polar shore
12 BB shooter
13 See 11-Down
14 Magazine publisher
15 Wannabe surfer
16 Exiled Amin
17 Key into a cash register
18 Acting king
19 Good traits
24 He-sheep
28 "— may be so bold ..."
30 — Raton
31 Lovers' deity
32 Neighbor of Thailand
34 Clayey fertilizer
35 Herd of seals
37 "— a break!"
39 Gave a new interior design to
42 Welsh canine
43 Mom's bro
44 Ball supporter

DOWN

- 45 Org. for cavity fillers
46 Doc's warm treatment
47 "For" votes
51 Like thrift store goods
52 — facto
53 Sly deception
54 Prices to play
55 Variety of trapshooting
57 Spot's noise
58 Elching liquid
60 Husband of Eva Peron
61 Actress Keenan
62 Enthusiasm
63 Gold-fancying king
64 Boxers' event
66 Waffle brand
70 No, to Nikita
71 Torres with
12 Olympic swimming medals
72 Antique item
73 "Hooray!"
76 "Guilty" or "not guilty"
79 Onetime TV host Philbin
81 Debut on Wall St.
82 Zippo
84 Woofing pet
85 Actor Vigoda
88 Olympic skier Mahre



by Dana Jackson

Q: Is that Demi Moore I see in the new "Feud" series? Is this her first acting role since she deserted Hollywood a few years ago? — K.H.
A: When Demi Moore ("Indecent Proposal") and her husband at the time, actor Bruce Willis ("Die Hard"), started their family in the late 1980s, they would eventually escape Los Angeles for the peaceful mountain town of Hailey, Idaho. They had three daughters, but ended up splitting a decade later. Moore stayed in Idaho and took a break from acting, especially after starring in back-to-back box-office disappointments — "Striptease" and "G.I. Jane." When Moore tried to ease back into acting, the roles were few and far between. In an interview with Red magazine back in 2007, Moore said that "there aren't that many good roles for women over 40. A lot of them don't have much substance, other than being someone's mother or wife."
But if you look at Moore's list of credits, there really isn't that much of a gap between projects. She has had numerous roles over the past two decades; it's just that they're not very high-profile. Her autobiography, "Inside

Out," was published in 2019. During the pandemic, she quarantined in Idaho with her girls and Willis. It was eventually revealed that Willis was suffering from a neurological disorder. He and Moore remain close, along with Willis' current wife, Emma. Now Moore is part of a terrific ensemble group of women over 40 in the new FX series "Feud: Capote vs. The Swans," based on a true story set in the 1960s. Moore plays one of the socialites that author Truman Capote ("In Cold Blood") betrayed in a tell-all book. Molly Ringwald ("Sixteen Candles"), Naomi Watts and Calista Flockhart co-star, with Tom Hollander playing Capote.



Demi Moore
(Upcoming in "Feud: Capote vs. The Swans")
Courtesy of Depositphotos

Q: Where have I seen football commentator Kyle Brandt before? I read that he was on the MTV reality show "The Real World," but I didn't watch that. He looks familiar to me. — Z.I.
A: Kyle Brandt, one of the hosts of "Good Morning Football" on the NFL Network, was part of "The Real World: Chicago" on MTV in 2001. My guess is that you recognize him from his brief acting career where he played Philip Kiriakis on "Days of Our Lives" from 2003-06. He's definitely found what he's good at, which is talking about football. His high-energy, hilarious segment called "Angry Runs," in particular, will definitely jolt you awake on "Good Morning Football"

Q: Is "Bridgerton" returning to Netflix anytime soon? I've read all the books, so I know there is more story to tell. — B.P.
A: Yes, "Bridgerton" will be back on Netflix on May 16 with part 1 of the third season. The second part of the season will premiere on June 13. New cast members include Daniel Francis ("Once Upon a Time") and Sam Phillips ("The Crown"). Phoebe Dynevor, who starred as Daphne in the first two seasons, will be sitting this one out, but hopes that her character will return in the future.
Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.
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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55

56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130

Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Center	— I — — — —	Interfere	— E — — — —
2. Crowd	— — — — D —	Seabiscuit or Trigger	— — — — S —
3. Oil transporter	— — — — N —	Verbose one	— — — — L —
4. Sink	— — — — — N	Pesto ingredient	— — — — — L
5. Drop-down lists	— E — — — —	Subtraction sign	— — — — — I
6. Rocker or recliner	— — — — — R	Series of links	— — — — — N
7. Ice skating season	— — — — — T	Gold medalist	— — — — — N
8. Newborn canine	— U — — — —	Perky and frisky	— — — — — E
9. Bed of flowers	G — — — — —	Prison boss	W — — — — —
10. Mailbox item	— E — — — —	Brood of kittens	— — — — — I

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Weekly SUDOKU

by Linda Thistle

	6		2					7
5				4				9
2		7			6	3		
			1		3		7	
	4			9				8
7					8		6	1
1			7		5	9		
		6	3					5
	8			1				2

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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Super Crossword

Answers

1. Menus, Minus
2. Basin, Basil
3. Tanker, Talker
4. Chair, Chain
5. Letter, Litter
6. Pappy, Peppy
7. Winter, Winner
8. Garden, Warden
9. Letter, Litter
10. Letter, Litter

Even Exchange

answers

1. Middle, Meddle
2. Horde, Horse
3. Tanker, Talker
4. Basin, Basil
5. Menus, Minus
6. Pappy, Peppy
7. Winter, Winner
8. Garden, Warden
9. Letter, Litter
10. Letter, Litter

FEAR KNOT

By: rj johnson

DOUBT? ... OR DARE!

VEE
ARNBET
TARSE
GSNI
GAVEAR
ADG
ENVI
STOEB
TNU
SEVEAR
REGEV
IDAR

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNOT

answer

3	1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12	13
2	3	4	5	6	7	8	9	10	11	12	13	14
3	4	5	6	7	8	9	10	11	12	13	14	15
4	5	6	7	8	9	10	11	12	13	14	15	16
5	6	7	8	9	10	11	12	13	14	15	16	17
6	7	8	9	10	11	12	13	14	15	16	17	18
7	8	9	10	11	12	13	14	15	16	17	18	19
8	9	10	11	12	13	14	15	16	17	18	19	20
9	10	11	12	13	14	15	16	17	18	19	20	21
10	11	12	13	14	15	16	17	18	19	20	21	22
11	12	13	14	15	16	17	18	19	20	21	22	23
12	13	14	15	16	17	18	19	20	21	22	23	24
13	14	15	16	17	18	19	20	21	22	23	24	25
14	15	16	17	18	19	20	21	22	23	24	25	26
15	16	17	18	19	20	21	22	23	24	25	26	27
16	17	18	19	20	21	22	23	24	25	26	27	28
17	18	19	20	21	22	23	24	25	26	27	28	29
18	19	20	21	22	23	24	25	26	27	28	29	30
19	20	21	22	23	24	25	26	27	28	29	30	31
20	21	22	23	24	25	26	27	28	29	30	31	32
21	22	23	24	25	26	27	28	29	30	31	32	33
22	23	24	25	26	27	28	29	30	31	32	33	34
23	24	25	26	27	28	29	30	31	32	33	34	35
24	25	26	27	28	29	30	31	32	33	34	35	36
25	26	27	28	29	30	31	32	33	34	35	36	37
26	27	28	29	30	31	32	33	34	35	36	37	38
27	28	29	30	31	32	33	34	35	36	37	38	39
28	29	30	31	32	33	34	35	36	37	38	39	40
29	30	31	32	33	34	35	36	37	38	39	40	41
30	31	32	33	34	35	36	37	38	39	40	41	42
31	32	33	34	35	36	37	38	39	40	41	42	43
32	33	34	35	36	37	38	39	40	41	42	43	44
33	34	35	36	37	38	39	40	41	42	43	44	45
34	35	36	37	38	39	40	41	42	43	44	45	46
35	36	37	38	39	40	41	42	43	44	45	46	47
36	37	38	39	40	41	42	43	44	45	46	47	48
37	38	39	40	41	42	43	44	45	46	47	48	49
38	39	40	41	42	43	44	45	46	47	48	49	50
39	40	41	42	43	44	45	46	47	48	49	50	51
40	41	42	43	44	45	46	47	48	49	50	51	52
41	42	43	44	45	46	47	48	49	50	51	52	53
42	43	44	45	46	47	48	49	50	51	52	53	54
43	44	45	46	47	48	49	50	51	52	53	54	55
44	45	46	47	48	49	50	51	52	53	54	55	56
45	46	47	48	49	50	51	52	53	54	55	56	57
46	47	48	49	50	51	52	53	54	55	56	57	58
47	48	49	50	51	52	53	54	55	56	57	58	59
48	49	50	51	52	53	54	55	56	57	58	59	60
49	50	51	52	53	54	55	56	57	58	59	60	61
50	51	52	53	54	55	56	57	58	59	60	61	62
51	52	53	54	55	56	57	58	59	60	61	62	63
52	53	54	55	56	57	58	59	60	61	62	63	64
53	54	55	56	57	58	59	60	61	62	63	64	65
54	55	56	57	58	59	60	61	62	63	64	65	66
55	56	57	58	59	60	61	62	63	64	65	66	67
56	57	58	59	60	61	62	63	64	65	66	67	68
57	58	59	60	61	62	63	64	65	66	67	68	69
58	59	60	61	62	63	64	65	66	67	68	69	70
59	60	61	62	63	64	65	66	67	68	69	70	71
60	61	62	63	64	65	66	67	68	69	70	71	72
61	62	63	64	65	66	67	68	69	70	71	72	73
62	63	64	65	66	67	68	69	70	71	72	73	74
63	64	65	66	67	68	69	70	71	72	73	74	75
64	65	66	67	68	69	70	71	72	73	74	75	76
65	66	67	68	69	70	71	72	73	74	75	76	77
66	67	68	69	70	71	72	73	74	75	76	77	78
67	68	69	70	71	72	73	74	75	76	77	78	79
68	69	70	71	72	73	74	75	76	77	78	79	80
69	70	71	72	73	74	75	76	77	78	79	80	81
70	71	72	73	74	75	76	77	78	79	80	81	82
71	72	73	74	75	76	77	78	79	80	81	82	83
72	73	74	75	76	77	78	79	80	81	82	83	84
73	74	75	76	77	78	79	80	81	82	83	84	85
74	75	76	77	78	79	80	81	82	83	84	85	86
75	76	77	78	79	80	81	82	83	84	85	86	87
76	77	78	79	80	81	82	83	84	85	86	87	88
77	78	79	80	81	82	83	84	85	86	87	88	89
78	79	80	81	82	83	84	85	86	87	88	89	90
79	80	81	82	83	84	85	86	87	88	89	90	91
80	81	82	83	84	85	86	87	88	89	90	91	92
81	82	83	84	85	86	87	88	89	90	91	92	93
82	83	84	85	86	87	88	89	90	91	92	93	94
83	84	85	86	87	88	89	90	91	92	93	94	95
84	85	86	87	88	89	90	91	92	93	94	95	96
85	86	87	88	89	90	91	92					

Amber Waves

MY TEACHER SAYS I SHOULD EXPRESS MYSELF THROUGH MY ARTWORK.

THIS ONE I CALL "CRAVING". I USED VIBRANT COLORS TO EXPRESS THIS EMOTION.

WOW, THE COLORS CLASH TOGETHER IN SUCH A MANNER TO PROJECT TRUE ANGST.

I WAS JUST HUNGRY FOR SOME MAC AND CHEESE WHEN I PAINTED IT.

by Dave T. Phipps

Out on a Limb

WHAT DOES IT SAY?

I'M NOT SURE.

If you want to live, get out of this cave now!

THE SCRIBBLY LINES ARE WEIRD

BECAUSE OF THEIR INABILITY TO DECIPHER CURSIVE HANDWRITING, GEN Z EXPLORERS LIVE IN CONSTANT DANGER

by Gary Kopervas

Americanisms

"The point is not to pay back kindness but to pass it on."
— Julia Alvarez

Just Like Cats & Dogs

by Dave T. Phipps

HEY, THANKS FOR LISTENING. I'M REALLY NOT USED TO HAVING THE LAST WORD.

WORD LADDERS

Can you go from PEACE to LUNCH in 6 words?
Change one letter for each rung in the ladder.

PEACE

LUNCH

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Grand
ELBON

Theft
THEIS

Escort
SHURE

Alter
NAMED

TODAY'S WORD



"Just because he resembles your _____, it doesn't mean he's guilty."

Micro Crossword

By Elizabeth C. Gorski

Across

- 1 Stockpile, as toilet paper
- 6 Happen next
- 7 Sudden contraction
- 8 Chicago Symphony conductor Georg
- 9 Summers abroad?

Down

- 1 "Siddhartha" author
- 2 Stoned
- 3 Make (do business on eBay)
- 4 Autumnal colors
- 5 "Tell Me You Love Me" singer Lovato

1	2	3	4	5
6				
7				
8				
9				

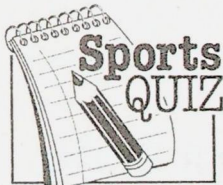
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STREAMING SOURCE

Here's what to watch and where to watch it for the week of January 29, 2024

- ON NOW: "Thomas & Friends: All Engines Go" (Season 2) – Netflix
- 30-Jan: "Jack Whitehall: Settle Down" (Comedy Special) – Netflix
- 30-Jan: "NASCAR: Full Speed" (Docuseries) – Netflix
- 31-Jan: "Choir" (Docuseries) – Disney+
- 31-Jan: "The Unbreakable Tatiana Suarez" (Docuseries) – Max
- 31-Jan: "FEUD: Capote vs. The Swans" (Season 2) – Hulu
- 2-Feb: "Orion and the Dark" (TV-Y7) – Netflix
- 2-Feb: "Mr. and Mrs. Smith" (Season 1) – Prime Video
- 2-Feb: "The Tiger's Apprentice" (PG) – Paramount+
- 4-Feb: "Curb Your Enthusiasm" (Season 12) – Max

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by Ryan A. Berenz

1. What American tennis player beat France's Nicolas Pietrangeli in the longest match ever played – lasting 11 hours and five minutes and played over three days – at Wimbledon in 2010?
2. What award, presented annually since 2009, honors the male or female soccer player judged to have scored the most "aesthetically significant" goal?
3. What American track and field athlete – who appeared on Season 17 of the CBS reality series "Survivor" – was stripped of her 2004 Athens Summer Olympics gold medal after admitting to using anabolic steroids?
4. Name the Baseball Hall of Fame pitcher – regarded as the best knuckleballer in Major League Baseball history – who played 24 seasons from 1964-87.
5. In April 2001, Australia defeated what national soccer team 31-0 in a FIFA World Cup qualifying match?
6. In the 1973 season, what NFL team activated offensive coordinator Zeke Bratkowski to be the emergency backup quarterback (though he did not play)?
7. Who did boxer Chuck "The Bayonne Bleeder" Wepner fight in a boxing/wrestling match at Shea Stadium in 1976?

Answers

1. John Isner.
2. The FIFA Puskas Award.
3. Crystal Cox.
4. Phil Niekro.
5. American Samoa.
6. The Chicago Bears.
7. Andre the Giant.

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Micro Crossword

Answer

S	T	E
I	T	O
M	S	P
E	S	N
D	A	R

WORD LADDER

Answer

HUNCH, BUNCH, BEACH, PEACE, PEACH, BEACH,

SCRAMBLERS

solution

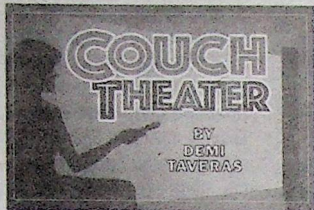
HUSBAND

Today's Word

3. Usher, 4. Amend

1. Noble 2. Heist

MORE SUN FUN



"True Detective: Night Country" (TV-MA) — After several decades, Jodie Foster is making a great return to television by leading the newest season of the anthology crime drama series "True Detective." Foster plays Detective Liz Danvers, making this her first adult TV role and first starring role in a TV series since 1975! Opposite of Foster is Kali Reis as steely Detective Evangeline Navarro, who partners up with Liz to close out one last case before they go their separate ways. The case centers around the disappearance of eight men who operated a research station in the cold and rough Alaskan night country. The first two episodes are out now, with subsequent episodes releasing every Sunday until Feb. 25. (Max)

"Griselda" (TV-MA) — Crime dramas abound this week! Hailing from Eric Newman, the showrunner of the series "Narcos," comes a new crime-drama miniseries led by none other than Sofia Vergara ("Modern Family"). Vergara sheds her usually cheery persona to portray Colombian drug lord Griselda Blanco, nicknamed "the Black Widow" and "the Godmother of Cocaine." After being introduced to the drug industry by her second husband, Blanco based her drug trade business in Miami during the 1980s and kept it bustling with profits of \$80 million a month. Alberto Guerra and Vanessa Ferlito co-star in main roles, while Colombian singer Karol G stars in her first on-screen role ever! All six episodes release on Jan. 25. (Netflix)

"Masters of the Air" (TV-MA) — Based on the 2007 book by Donald L.

Miller, this war-drama miniseries features Academy-Award nominee Austin Butler ("Elvis") and Callum Turner ("Fantastic Beasts") as Air Force Majors Buck Cleven and John Egan, respectively. The two majors were the first pilots assigned to the 100th Bomb Group during World War II, which was given the name "Bloody Hundredth" due to the incredibly difficult missions and heavy losses incurred. But no matter the ruthless conditions, Buck and John are determined to lead their men through these missions. The cast is hefty, with over 50 actors noted in the main cast, but make sure to watch out for a few familiar faces like Barry Keoghan ("Saltburn") and Anthony Boyle ("Harry Potter and the Cursed Child"). (Apple TV+)



Austin Butler, left, and Callum Turner star in "Masters of the Air."

In Case You Missed It
"Bottoms" (R) — Produced by Elizabeth Banks ("Cocaine Bear"), this film stars comedian/writer Rachel Sennott ("The Idol") and Golden Globe winner Ayo Edebiri ("The Bear") as two unpopular lesbian high school students. This hormonal pair of best friends are desperate and mortified that they're seniors who haven't had sex yet, so they hatch a plan to create a feminist self-defense club to help them cozy up to the girls they have crushes on. Rooted in hysterical juvenile chaos, this club escalates into somewhat of a girl gang, even exacting revenge on the conceited quarterback of the football team. Kaia Gerber ("Babylon") and Nicholas Galitzine ("Red, White & Royal Blue") co-star. Out now! (MGM+)

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Contract Bridge

ALL THAT GLITTERS IS NOT GOLD

West dealer.

Both sides vulnerable.

NORTH

♠ 5

♥ Q J 6 3 2

♦ 10 5 3

♣ 10 7 5 3

WEST

♠ K J 8 6

♥ A 9 8 7

♦ A 9 7 6 4

♣ —

EAST

♠ 10 9 3

♥ K 10 5

♦ K Q 8

♣ K Q J 4

SOUTH

♠ A Q 7 4 2

♥ 4

♦ J 2

♣ A 9 8 6 2

The bidding:

West North East South

1 ♦ Pass 2 ♠ 2 ♠

Dble Pass Pass Pass

Opening lead — ace of diamonds.

The question of whether or not to overcall an opponent's opening bid, or the response to an opening bid, is more a matter of common sense than anything else.

For example, if you held the South hand in today's deal and your right-hand opponent bid one diamond as dealer, you should surely overcall with one spade. You have the values for an opening bid, a reasonable trump suit and good distribution. You don't expect to make a game (though

it's certainly possible if partner has good trump support), but there's a real chance of making a partscore in spades (or clubs) while stopping the opponents from making a partscore in hearts or diamonds. Stated differently, it's better to compete against one diamond than to pass.

But the situation is totally different if West opens one diamond and, after partner passes, East responds two clubs. To enter the bidding now with two spades is tantamount to suicide, since you have little to gain and a lot to lose.

It would be unrealistic to argue that you have the values for an opening bid and are therefore entitled to express them. Such an attitude would indicate that you have completely ignored the significance of the opponents' bids — namely, that West has at least 13 points, while East has indicated 10 or more points with his two-club response. This does not leave much in the way of high cards for your partner, and there is furthermore no assurance that he is going to have support for spades.

The deal and the bidding shown actually occurred in a 1980 team match between Canada and the United States. The Canadian South bid two spades over East's two clubs, got doubled and paid the piper to the tune of 1,400 points!

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by Steve Becker

Puzzles4Kids by Helene Hovanec

CRISSCROSS — TRICKY SPELLING WORDS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

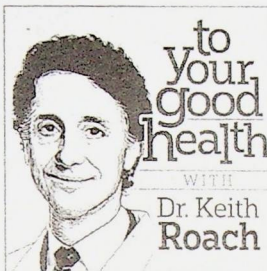
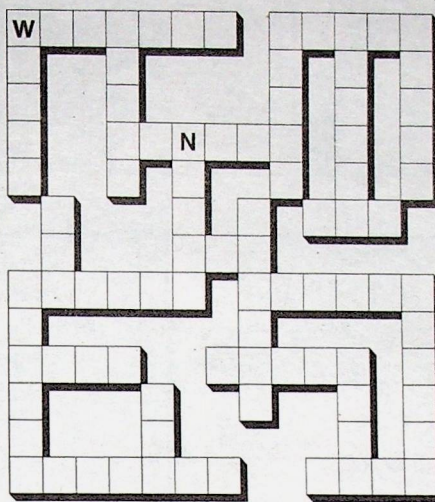
3 Letters
INN
LAX
OUR
TEA

4 Letters
BLUE
IDOL
REEL

5 Letters
AISLE
ALTAR
NOBLE
RAZOR
STAIR
TWICE
WHICH

6 Letters
APIECE
CAMERA
CANCEL
EXCITE
GREASE
GUIDES
THROWN

7 Letters
SUMMARY
WHETHER



Defining Hashimoto's Thyroiditis And Finding Out How to Treat It

DEAR DR. ROACH: Please explain Hashimoto's disease. I have heard that it is rare, but two colleagues have recently been diagnosed. We all work in a very high-stress field. -- J.H.

ANSWER: Hashimoto's thyroiditis is not at all a rare disease. It occurs in up to 10% of the population and much more frequently in women than men. Although people can be diagnosed at a young age, it is more common at older ages. It is caused by an autoimmune reaction to different parts of the thyroid, with thyroglobulin and thyroid peroxidase antibodies commonly found. TSH receptor antibodies are found on occasion.

Hashimoto's thyroiditis most commonly causes low thyroid levels, although there may be a period of time early in the disease where thyroid levels are high. Not everybody with antibodies will develop low thyroid levels. The thyroid is sometimes enlarged, but a careful exam will usually show that the gland is firm, showing that immune cells have infiltrated the gland.

Treatment of Hashimoto's thyroiditis involves replacing the thyroid hormone that the gland can no longer make. The dose depends on body size to a certain extent, but needs to be adjusted based on lab results. Most people are treated with levothyroxine, also called T4, which is the primary hormone made by the thyroid.

T4 is converted to T3 (also called triiodothyronine, the active form of the hormone) in various tissues outside the thyroid. T3 only stays in the body for a short while before it is destroyed, so a once-daily treatment with T4, which lasts longer, allows the body to convert T4 to T3.

Most people do very well with T4 treatment. A minority of people cannot efficiently make the active T3 form, in which case-combination treatment can be considered. Unfortunately, T3 must be dosed twice daily.

It is thought that stress hormones play a role, since stress does seem to increase the risk of developing an autoimmune thyroid disease like Hashimoto's.

DEAR DR. ROACH: Huntington's disease runs in my family; my brother and sister started having symptoms in their early 60s. I am 80 and don't have any symptoms. Can I assume that I don't have it? I hear testing can be expensive. Are there any organizations that test for free. -- S.B.

ANSWER: Huntington's is a progressive, degenerative neurological disease that causes abnormal body movements, psychiatric changes and dementia. The movement disorder, called chorea, is the first symptom. It can begin very slowly, and people may not be aware of it. A careful exam can show the characteristic findings. A movement disorder specialist is the ideal person to see in this case.

It would be very unusual to begin having symptoms at, or after, the age of 80, so it is very likely that you do not have the disease if you don't have any symptoms and have received a normal exam by an expert.

Testing should be performed only after careful consideration and counseling by an expert such as a genetic counselor. According to the Huntington's Disease Society of America (see [tinyurl.com/HDgenetic-testing](https://www.tinyurl.com/HDgenetic-testing)), testing can cost between \$315-\$1,500, but it is often covered by insurance. Free testing may be available as part of a research study.

Puzzles4Kids Answer



SENIOR NEWS LINE

by Matilda Charles

Daily Step Counting

How many daily steps do we really need for optimum health? Ten thousand steps seems to be the gold standard in most of what we read to keep diabetes and high blood pressure (as well as several other conditions) at bay. And how do we keep track of all our steps?

Before you decide on a target number of steps per day, call your medical provider and ask how many you should be doing. You might learn that with an otherwise active, healthy life, several thousand steps per day might be enough, rather than the whole 10,000.

How to count those steps is the tricky part. I have several of those little clip-on step counters, and unfortunately, they all come up with different results. I have no way of knowing which are accurate.

There is a popular tracker called Fitbit, a fancy step counter that looks like a watch. Each model has pros and cons, per thousands of online reviews. Some do more than just count steps; they also keep tabs on your location with GPS, your pace and how far you've walked, your sleep profile, your heart rate and your stress level. They can be pricey, especially if you want to unlock all the features and sign up for Fitbit Premium to see all your data on the dashboard.

Your best bet is to Google "best step counters for seniors" and wade through a few dozen choices. You'll find Apple Watch, 3DTriSport Walking 3D Pedometer, Garmin Vivofit 4 activity tracker and so many more. If you have a subscription to Consumer Reports, check their reviews on activity trackers for seniors.

Before you opt for an expensive tracker, visit a store where they are sold and try them out. A watch font might be too tiny to read, or a clip-on might not stay clipped on.

Bonus: Several Medicare Advantage plans provide either free or reduced-cost Fitbit devices.



1. What was the name of Kenny Rogers' band in the '60s?
2. Name the longest Beatles song.
3. Which group was the first to release "Alley Oop"?
4. What was the original name of The Supremes?
5. Name the song that contains this lyric: "I know there's only, only one like you, There's no way they could have made two."

Answers

1. The First Edition. Their first big hit came with "Ruby, Don't Take Your Love to Town," written by Mel Tillis, about a paralyzed veteran whose wife goes out at night by herself.
2. "Hey Jude." It came in at over seven minutes. Written by Paul McCartney, it was originally titled "Hey Jules" for John Lennon's 5-year-old son Julian who was upset over his parents' divorce.
3. The Hollywood Argyles, in 1957. Astonishingly enough, the caveman song topped the Billboard Hot 100 chart.
4. The Primettes, until 1967.
5. "You're the First, the Last, My Everything," by Barry White, in 1974. The song sat for over 20 years, originally written as a country song by Peter Radcliffe, until White changed the lyrics and turned it into disco. It was originally titled "You're the First, the Last, My In-Between."

Enjoyable, Educational Events At MPL In February

By JEAN HLADY
Milton Public Library

During the month of February, the Milton Public Library has a lot of enjoyable and educational events to offer to adults and families.

Our ongoing programs continue this month, with the Library Knitting Group meeting on Thursday, Feb. 1, at 7 p.m. and on Saturday, Feb. 17, both at 10 a.m., to meet in the Conference Room. Come to this fun drop-in gathering to share your knitting project with others, and meet new friends in the process! No sign-up is required to attend, but if you would like to get on the organizer's list to receive program reminders, email jhlady@milton.ocln.org and you will be added to the list. Please note that this is not an instructional class for knitting but instead a group activity with other knitters who might share tips and tricks about their projects.

Also the Massachusetts Library Collaborative's Online 50+ Job Seekers Group continues on Wednesdays, Feb. 7 and Feb. 21, at 9:30 a.m. The topics to be discussed are: "LinkedIn - Part #1" and "LinkedIn - Part #2" respectively. Advance registration is required to receive the Zoom link and you must sign up for each meeting individually. To find the registration forms, go to the Milton Public Library website (www.miltonlibrary.org) and then click on "events" from the main page. For questions, please call the Reference Dept. at (617) 898-4964.

Prolific author Professor Ye Chun will present her work of fiction virtually on Tuesday, 2/6, at 7 p.m. and it is called: "Straw Dogs of the Universe." The story centers around true historical events with a Chinese father and his daughter, and she is desperate to find him against all odds. After her village is devastated by famine, 10-year-old Sixiang is sold to a human trafficker for a bag of rice and six silver coins. Her mother allows this due to the promise of a better life for her beloved daughter, but upon arriving in America with a single photo of her father, she makes her way through an unforgiving new world where he is working to build the California transcontinental railroad.

Join host Jean Hlady to learn about the courage it takes to survive in a country that rejects you, even as it relies upon your labor. Sign up in advance to receive the zoom link at <http://tinyurl.com/4jyfkmcj>. We hope you might join us!

Next there will be a meeting of the Cookbook Club on Feb. 8, at 6:30 p.m., in the Keys Community Room with Connie Spiros and Sara Truog. The book assigned for this month is "The Mediterranean Dish" by Suzy Karadsheh and only registered cooks may attend to share food and companionship. To reserve a copy of the book, go online with your Milton Public Library card at the MPL website or call the library to place a hold. At the Milton Public Library website you can find more details at library events list under the date of Feb. 8, where you may also sign up in advance. If you need help registering, please call the Reference Dept. for help.

A very talented vocalist named Michelle Brooks Thompson will perform in a free, one-hour concert on Saturday, Feb. 10, at 2 p.m., in the Milton Public Library's Keys Community Room. This event is titled the "Iconic African American Female Voices Tribute Show" and Ms. Brooks



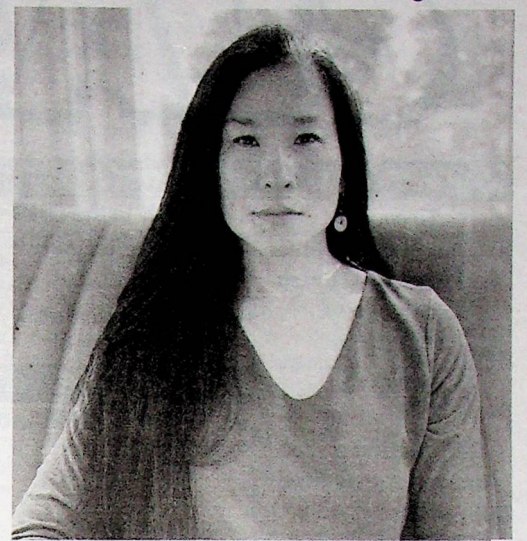
MILTON PUBLIC LIBRARY events and programs during February includes a virtual talk by world traveler Barry Pell on Tuesday, Feb. 20, at 7 p.m., called: "Armchair Travel: Persian Glory and Islamic Revolution." *Courtesy Photos*

Thompson, who is from Springfield, won NBC's "The Voice" and also was the Grand Champion winner of the legendary Apollo Amateur competition. In the incredible one-woman show, this singer will bring us the hit songs of Aretha Franklin, Chaka Khan, Whitney Houston, Mariah Carey, Tina Turner, Gladys Knight, Patti LaBelle, and other female powerhouse vocalists, in a high-energy event! This is an unforgettable presentation that pays homage to the timeless music of many voices we miss, as Michelle entertains us with her soaring vocals. No registration is required, so please just come and bring your friends and family!

World traveler Barry Pell will bring us a virtual talk on Tuesday, 2/20, at 7 PM, called: "Armchair Travel: Persian Glory and Islamic Revolution" which describes the history and culture of this amazing country which dates back 2,500 years, and it will be illustrated by Barry's wonderful photographs. The Persian Empire was the largest of ancient times, extending from Central Asia to North Africa. The legacy of this power and wealth is manifest in the stunning tiled architecture of mosques and secular mansions, the distinctly spiced cuisine, the country's arts and crafts including their beautiful rugs, and the very diverse population.

Having crossed 4,000 miles during his travels in Iran, Pell will share his experiences with us in this excellent presentation. To attend, register in advance visit <http://tinyurl.com/mtv3hhdz>. We hope you might join us!

Our free monthly Wednesday movie series will happen this month on Feb. 21, at 6:30 p.m. in the Keys Community Room with the film: "Big George Foreman: The Miraculous Story of the Once and Future Heavyweight Champion of the World" (2023). It is rated PG-13 (for sports violence and kissing) so is not appropriate for young children. It stars



PROLIFIC AUTHOR Professor Ye Chun will present her work of fiction virtually on Tuesday, Feb. 6, at 7 p.m. and it is called: "Straw Dogs of the Universe."

Khrist Davis, Jasmine Mathews, and Sullivan Jones. George Foreman aspired to overcome significant odds and achieved greatness in the sport of boxing. Fueled by an impoverished childhood, George channeled his anger into becoming an Olympic Gold medalist and World Heavyweight Champion, followed by a near-death experience that took him from the boxing ring to the pulpit. Please come (and bring a snack) to enjoy a riveting dramatized biopic at the MPL. No sign-up is required.

Adult Yoga continues in February on Saturday, Feb. 24, at 11 a.m. in our Keys Community Room with the excellent instructor Marianne Zullas. This ongoing program is a one-hour in person gentle vinyasa flow class designed to create movement and space in the body. Students will practice breathing techniques, and asanas and exercises that will open some of the meridian pathways in the body to create a better flow of energy. Advance registration is required as space is limited; go to: <http://tinyurl.com/2p9ypku9>.

And finally, Historian Bob Begin will be back in person at the MPL to give a talk called: "Lawrence of Arabia and the Arab Revolt" on Tuesday, Feb. 27, at 7 p.m. in our Keys Community Room. Lawrence, an Englishman who felt the "pull of the East," dedicated his life to learning and loving the Arab way of life in the Middle East in the early 1900s. He absorbed their culture, values, and became completely accepted by the Bedouins and other peoples of the desert. Here was an Englishman who respected and dedicated his effort to help the Arabs become self-governing. Many of today's problems in the Middle East stem from decisions made which Lawrence opposed. Bob Begin is an avid history fan and devotes his research to interesting and inspiring topics from American chronology. To read more, please go to our website although no signup is required to attend, so just come and bring any history fans with you!

All of these events are sponsored by the Friends of the Milton Public Library, and for questions, call the Reference Dept. or email jhlady@milton.ocln.org.

QARI Receives \$150K Grant From Blue Cross Blue Shield Foundation

Quincy Asian Resources Inc. has received a \$150,000 grant from the The Blue Cross Blue Shield of Massachusetts Foundation, a nonprofit grantmaking and research organization.

The gift was awarded from the Foundation's Advancing Community-Driven Mental Health program. QARI was among five nonprofit organizations that are training non-clinical staff to offer support to clients

experiencing mild to moderate mental health distress and problems of everyday living.

The grant will help QARI fund its Life Balance program which trains its family and community services coordinators to support the mental health challenges of clients who have an immigrant background, typically speak Chinese or Vietnamese, and have experienced acculturation stress.

Siobhan O'Sullivan On Bucknell Dean's List

Siobhan O'Sullivan of Quincy has been named to the Dean's List for the fall semester at Bucknell Uni-

versity in Lewisburg, PA. O'Sullivan, a student in the Class of 2024, is majoring in Russian.

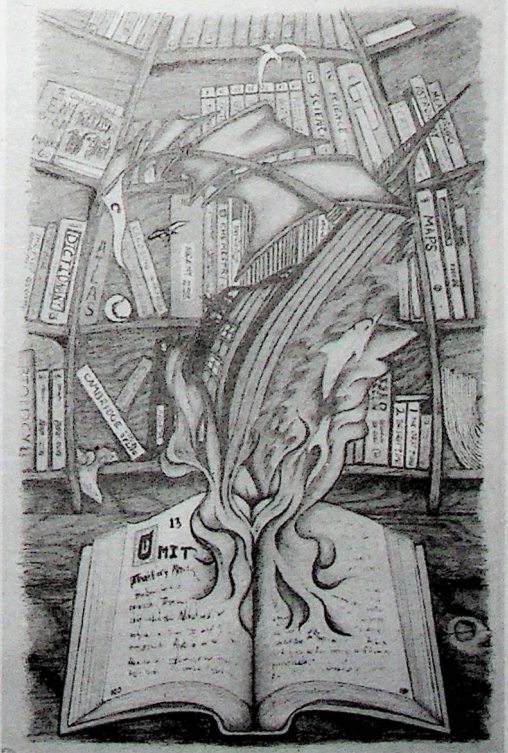
'50 Years Of Creativity Behind Bars' Exhibit At Milton Public Library

The year 2022 was Prison Book Program's 50th anniversary and for decades, they have been grateful recipients of many pieces of amazing artwork.

Typically incarcerated individuals send these paintings and more to the Prison Book Program as a token of gratitude for a shipment of books they have sent to them. These artists are self-taught and many of their images are book-themed.

There will be an exhibit in the Milton Public Library's Wotiz Gallery during the month of February. The exhibit features 18 of the best pieces of framed artwork, although the works will not be for sale. The Prison Book Program administrators just want people to view this lovely art and to enjoy it. The program is located on Hancock Street in Quincy, and for more information about it, go to prison-bookprogram.org. The public is invited to stop by the MPL in February to view this incredible display by some very talented artists.

For more information about applying to display your art in the Wotiz Gallery, email jhlady@milton.ocln.org or call the Reference Dept. at (617) 898-4964.



CLASSIFIEDS

PERSONAL	PERSONAL	REAL ESTATE	SERVICES	SERVICES	SERVICES
THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA J.D. 2/8	HATS off to the QHS Boys Hockey Team. You never quit! Your parents are so proud of you! 1/25	Call JULIANN FLAVIN at <i>Flavin & Flavin Realty</i> , your local Quincy Real Estate expert, with the strongest ties to your community. 781-292-0253 juliann@flavinandflavin.com 1/25	THOMAS C. SWEENEY Smaller Jobs a Specialty 35 Years Experience Carpentry, Siding, Painting, Porches Vinyl/Windows, Doors Roofing, Decking, Steps License #1373 Free Estimates Reliable 781-974-4434 References TF	 Riley Construction Commercial & Residential Roofing All Phases Windows and Gutters Quincy, MA 02169 (617) 472-3335 rileyconstruction@live.com Licensed & Fully Insured Mass Reg #138824 Free Estimates 3/9	
Thank You St. Ann and Mary Mother of God for a miracle granted. (Baby Mine) 2/1	FOR SALE 2008 GRANDE MARQUIS 84,000 miles. Luxury ride. Great condition. \$3,000 OBO Call Bob 617-620-5229 1/25	Buying or Selling a Home? Call Rich Brandi CENTURY21 617-699-7742 For your most valued asset! Full time realtor 20+ years 1/25	KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592 2/22		
Six years ago, Pepper, our beautiful little black cat, was lost, but she found us. <i>She is so sweet but fresh.</i> 1/25	PLEASE RECYCLE THIS NEWSPAPER	HALLS FOR RENT MORRISETTE LEGION POST 81-83 Liberty St., Quincy Function Hall Available Call for Details 617-770-4876 Internet Capable • Weddings Showers • Christenings • Meetings After Funeral Gatherings TF	HERITAGE PAINTING CO. 617-905-5755 Interior - Exterior Power Wash - Wallpaper Local Company 3/28	 RAMOS CONSTRUCTION Construction • Painting • Tiles • Carpentry • Roof • Deck Specialist Carpentry • Exterior Painting DECK SPECIALISTS Joao Ramos • Maisa Lesniesky 617.259.4841 Free Estimates • Fully Insured 2/29	15% OFF Roofing & Siding

Want to pick up a copy of The Quincy Sun?

Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	DAIRY FARM 330 Washington St.	7-11 , 721 Hancock St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	QUINCY MARKET 33 Washington St.	CVS , 42 Beale St.
HANCOCK MARKET 1520 Hancock St.	STOP & SHOP Southern Artery	BEALE ST. NEWS AND TOBACCO 17 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	CVS , Southern Artery	SUPREME LIQUORS 615 Hancock St.
STAR MARKET 130 Granite St.	WALGREENS 550 Adams St.	SQUANTUM MARKET 205 W. Squantum St.
WALGREENS 132 Granite St.	7-11 , 650 Adams St.	STOP & SHOP 65 Newport Ave.
FRANKLIN ST. BP 60 Franklin St.	VILLAGE COMMON MARKET 100 Willard St.	7-11 , 363 Hancock St.
7-11 , 78 Franklin St.	COPELAND LIQUORS 273 Copeland St.	WALGREENS 324 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	GRANITE MART 308 Willard St.	SAM'S VARIETY 125 Billings Rd.
DONUT + DONUTS + MUFFINS 33 Scammell St.	7-11 , Copeland St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
PRESIDENTIAL LIQUORS 25 Scammell St.	JOE'S PLACE 260 Centre St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
ADAMS VARIETY 22 Independence Ave.	CORNER FOOD MKT. 1060 Hancock St.	CARMINE'S CAFE 69 Huckins Ave.
DAILY MART 291 Quincy Ave.	200 FOOD MART 200 Sea St.	7-11 , 751 E. Squantum St.
WALGREENS 418 Quincy Ave.	ADAMS SHORE SUPERMARKET 494 Sea St.	LUCKY SHAMROCK 265 Beale St.
ARTERY GROCERY 1000 Southern Artery	PALMER ST. MARKET 231 Palmer St.	EVEREST MARKET 121 Standish Ave.
7-11 , 495 Washington St.	BERNIE'S GENERAL STORE 1147 Sea St.	5 CORNER FOOD MART 163 Newbury Ave.
	WEST ELM VARIETY 139 W. Elm Ave.	

REPORT POTHOLES

Potholes are a year-round p=roblem and should be reported to the

Department of Public Works

617-376-1914

J.F. ROOFING Co.
QUINCY, MA

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- Rubber
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MA Certified Horticulturist
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The Quincy Sun

CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET,
QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

RATES

1 WEEK	☐ \$9.00 for one week, up to 20 words, 10¢ for each additional word.
2-4 WEEKS	☐ \$8.00 per week up to 20 words for 2-4 weeks of the same ad, 10¢ each additional word.
5-10 WEEKS	☐ \$7.50 per week, up to 20 words, for 5-10 weeks of the same ad, 10¢ for each additional word.
11 WEEKS OR MORE	☐ \$7.00 per week, up to 20 words, for 11 or more weeks of the same ad, 10¢ for each additional word.

☐ Enclosed is \$ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

INDEX

- ☐ Services
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- ☐ Pets
- ☐ Lost & Found
- ☐ Real Estate
- ☐ Antiques
- ☐ Flea Markets
- ☐ Yard Sales
- ☐ Instruction
- ☐ Day Care
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- ☐ Miscellaneous

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.

DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

8 Quincy Residents On Stonehill College Dean's List

Eight students from Quincy have been named to the Dean's List for the fall semester at Stonehill College in Easton. They are:

Michael Richardson, Alexa Tibbetts, William Hibbard, Conor Byrne, Nicholas Ferrara, Breanna Laroche, Olivia Pham and Elise Roche.

5 Quincy Residents On Lasell University Dean's List

Five students from Quincy have been named to the Dean's List for the fall semester at Lasell University in Newton.

They are: Xhoana Cuni, Tran Quoc Huy Le, Leah Forte, Jacob Lustig and Persia Claude.

Hunter Yue Graduates From Marquette University

Hunter Yue of Quincy recently graduated from Marquette University in Milwaukee, Wis.

Yue earned a bachelor of science degree in mechanical engineering.

Zahra Ouannass On Dean's List

Zahra Ouannass of Quincy was named to University

of Bridgeport's Fall 2023 Dean's List.

AAA Tips For Driving On Slippery Roads

AAA offers the following tips for drivers who may face hazards on slippery roads:

- **Beware of black ice:** Black ice is often difficult to see, and bridges and overpasses are especially prone to black ice formation. To be as safe as possible, make sure your windshield is fully defrosted before you head out to have maximum visibility. Slow down and leave more space between you and the car in front of you so you have more time to react to sudden emergencies.
- **Check your tires:** For

every ten degrees the outside air temperature drops, tires lose about one PSI of pressure. Many drivers have at least one underinflated tire, and near zero temperatures can turn a somewhat underinflated tire into a dangerously underinflated tire, making a blowout much more likely – an especially grave situation at highway speeds. Check your tire pressure when the temperature drops; proper tire pressure information can be found on a sticker inside a vehicle's driver side door jamb.

- **Your car doesn't need to be warmed up for the engine's sake:** With modern engines, by the time you put on your seatbelt, tune the radio to your preferred music/podcast, and make sure you're comfortable in your seat, the car should be ready to go. It's still best to go easy on the gas until you feel heat coming from the vents.
- **Be battery aware:** Battery troubles are common in cold weather, when the power can drain significantly. Batteries can lose 30 percent of their power when

temperatures hit the freezing point and 60 percent of their power with temperatures at zero. If your battery is more than 5 years old, it may need to be replaced, rather than just jump-started; the same may be true for newer batteries as well, if they are sufficiently deteriorated.

- **Don't lock yourself in:** Our dispatch team reports that a surprising number of people lock their keys in their car when they go to warm their car up – particularly in shopping center parking lots.

37 Residents On Bridgewater State University Dean's List

Thirty-seven students from Quincy have been named to the Dean's List for the fall semester at Bridgewater State University.

They are: Jelinsky Alteus, Dae

Berry, Sean Burns, Liam Carey, Adam Chan, Holly Chan, Jenny Chau, Hayleigh Delaney, Anthony Enos, Liz Esdale, Lea Farah, AJ Finn, Tyler Fowler, Alexander Friedman, Rojin

Jahangirian, Yeonsu Lee, Eric Manter, Lorena Martinez, Shelby Maze, Matt McFarlane, Sean Mckeone, Hannah Murphy, Isabell Ng, Thuy Nguyen, Natalie Palmer, Riley Pascarelli, Caitlin

Perry, Alexa Radzik, Courtney Ross, Megan Ross, Lily Scola, Sam Smith, Brandon Tighe, Catiana Timogene, Seamus Trainor, Skylar Tran and Sky Ziegler.



Celebrating Coach Doug Scott

on his 100th career victory!

Quincy College men's basketball coach – and local legend – Doug Scott has reached an impressive milestone: his 100th career coaching victory.

During his tenure, he's demonstrated a deep commitment to every student athlete he's coached, mentored and helped succeed in the classroom as well as on the court.

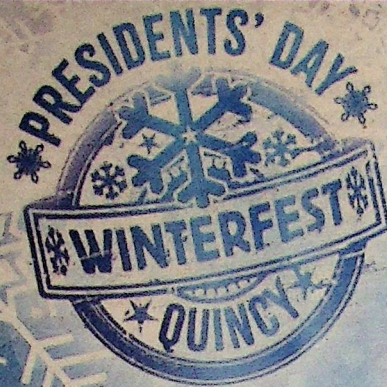
Join us as we celebrate Coach Scott's 100th victory during a pregame ceremony prior to Saturday's 1 p.m. game against Community College of Rhode Island at Eastern Nazarene College. Admission is free.

QUINCY COLLEGE

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MONDAY, FEBRUARY 19TH 1:00 ~ 7:00 P.M.

Events take place on the Hancock-Adams Common under heated tents, and inside City Hall & Church of the Presidents.

Click QR-Code below for more details.



Some shows require free tickets. Reserve tickets before the event opens, onsite from Noon-1pm and throughout the event while tickets last.

PRESENTED BY



QUINCY400

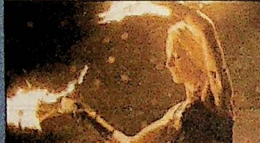


NEW THIS YEAR!

LIVE PERFORMANCES BY



LIMITED SEATING
DOORS OPEN 15 MINUTES BEFORE SHOW

Event	Time	Location
 Green Screen Selfie's with US Presidents and other cool backgrounds.	Throughout the day	Game Tent
 Lollipop Lyra Combining the grace of a dancer with the athleticism of a gymnast to create a performance that is as exhilarating as it is beautiful. By Boston Circus Guild. This is a ticketed event.	3:00-3:15 p.m. 3:45-4:00 p.m. 4:30-4:45 p.m. 5:15-5:30 p.m.	Aerialist Tent
 Ice Sculptures Demonstration by Ice Man Craig	2:00-4:00 p.m.	Hancock-Adams Common
 Take your selfie with our Snowflake Angel and other surprise stilt walkers!	Throughout the day	
 Fire Performance Spinning flaming staffs and swords, juggling blazing torches, and plunging fiery wicks into their mouths! By Boston Circus Guild	4:15-4:30 p.m. 4:45-5:00 p.m. 5:15-5:30 p.m. 5:45-6:00 p.m. 6:15-6:30 p.m.	
 Juggler Known for their dexterity and their ability to bring fun, humor, and joy to audiences of all ages. By Boston Circus Guild	2:00-2:15 p.m. 2:30-2:45 p.m. 3:30-3:45 p.m. 4:00-4:15 p.m. 4:30-4:45 p.m. 5:00-5:15 p.m. 5:30-5:45 p.m.	
 The Birch Swart Band	2:00-2:30 p.m.	
 The Birch Swart Band & Brendan Ryan Band	2:30-3:00 p.m.	
 The Brendan Ryan Band	3:00-3:30 p.m.	
 Chris LeBeau	4:00-4:30 p.m.	
 Joshua Tree The Nation's Premier Tribute to U2	5:15-6:45 p.m.	
 Dinoman Dinosaurs takes the audience on a trip with magic, merry mayhem, and magnificent props through the mesozoic era! This is a ticketed event.	1:00-2:00 p.m. 2:15-3:15 p.m. 3:30-4:30 p.m. 4:45-5:45 p.m.	Church of Presidents (Main Door) Limited Seating Doors Open 15 minutes before show
 The Blue Hills Trailside Museum-Birds of Prey This is a ticketed event.	1:30-2:15 p.m. 2:45-3:30 p.m. 4:00-4:45 p.m. 5:15-6:00 p.m.	Lower Level Old City Hall Doors Open 15 minutes before show
 The Blue Hills Trailside Museum-Reptiles of Massachusetts This is a ticketed event.	2:00-2:45 p.m. 3:15-4:00 p.m. 4:30-5:15 p.m. 5:45-6:30 p.m.	1 Floor-Chamber Room Old City Hall Doors Open 15 minutes before show
 Pumpnickel Puppets presents The Lion and the Mouse This is a ticketed event.	2:00-2:45 p.m. 2:45-3:30 p.m. 4:00-4:45 p.m. 5:15-6:30 p.m.	Back Chamber Church of Presidents (Enter Side Doors) Doors Open 15 minutes before show

FOOD & DRINK AVAILABLE FOR PURCHASE

CHILI & CLAM CHOWDER

ADULT & FAMILY BEVERAGES



DESSERTS



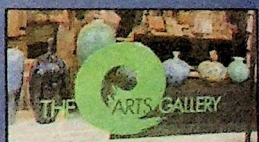
MORE QUINCY FUN AT THESE SITES OPEN DURING WINTERFEST!



Ice Skating
Registration Required.
Scan here to register



Downtown Quincy next to Generals Bridge



QArts Gallery

View two amazing exhibits!
Opalescence: Landscape Jewels.
Oils by Vincent Crotty and Artist of the Month Spotlight featuring Oils by Deb Putnam
Quincy Arts Association

1:00-7:00 p.m.

1229 Hancock Street
(next to the City of Quincy Welcome Center)



Adams National Historical Park Visitor Center
Visit www.nps.gov/adams for times and details.

1250 Hancock Street
Quincy, MA 02169